

CONGRATULATIONS TO OUR

2017 TOP DOCTOR WINNERS



RICHARD A. BERNSTEIN, MD | HAND SPECIALIST

Dr. Bernstein completed a fellowship at Harvard's Brigham and Women's Hospital in hand and upper extremity surgery. He holds the Certificate for Added Qualification for hand surgery and serves on multiple committees for the American Society for Surgery of the Hand and was asked to serve on the board of the New England Hand Society and CT State Medical Society. He also has a patent for an elbow implant under development.



JOHN DAIGNEAULT, MD | SPORTS MEDICINE SPECIALIST

Dr. Daigneault graduated from Holy Cross College with a Bachelor of Science degree in Chemistry and from Boston College with a Masters in Biochemistry. He attended Albany Medical College where he received his doctor of medicine. His surgical residency was at the Yale University School of Medicine. His fellowship in Sports Medicine was carried out at the Kerlan-Jobe Orthopaedic Clinic in Inglewood, CA.



JOHN D. KELLEY, MD | SPORTS MEDICINE SPECIALIST

Dr. Kelley received his B.A. degree from Yale University and his M.D. degree from the Medical College of Ohio in Toledo where he was inducted into Alpha Omega Alpha Medical Honor Society. He completed his residency in general surgery at Yale-New Haven Hospital, followed by an orthopaedic surgery residency at both Yale-New Haven Hospital and Newington Children's Hospital. A recipient of a Sports Medicine Fellowship, Dr. Kelley studied Sports Medicine at the Kerlan-Jobe Orthopaedic Clinic.



ALAN M. REZNIK, MD | SPORTS MEDICINE SPECIALIST

Dr. Alan Reznik received his M.D. From Yale, B.S at Columbia Engineering and MBA at UNH. He completed residency at Mount Sinai and fellowships in orthopaedics at Oxford University and in arthroscopic surgery and sports medicine at UCSD. He holds six patents and is the author of two books. He is on the communications cabinet and patient safety committee of AAOS.



ENZO J. SELLA, MD | FOOT & ANKLE SPECIALIST

Dr. Sella is Board Certified in Orthopaedics and Certified by the American Board of Independent Medical Examiners. Dr. Sella graduated Cum Laude with a B.S. degree from Fairfield University and earned his M.D. from Stritch School of Medicine, Loyola University in Chicago. He completed his intern year at St. Vincent's Hospital in NYC and then served as a U.S. Air Force Captain. He earned his general surgery residency at the Hospital of St. Raphael, followed by an orthopaedic residency at Yale-New Haven Hospital.



SHIRVINDA A. WIJESEKERA, MD | SPINE/BACK/NECK SPECIALIST

Dr. Wijesekera graduated from Boston University School of Medicine as a member of the Alpha Omega Alpha honor society. He completed his training in Orthopaedic Surgery & Spinal Surgery at the University of Southern California and the University of California Davis Medical Center. Dr. Wijesekera specializes in adult and pediatric spinal deformity, minimally invasive spinal surgery and tumors of the spine. He enjoys volunteering around the world in the treatment of spinal deformity.



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Dr. Kuwada is the Director of the Hartford HealthCare Cancer Institute's Head and Neck Cancer Program. Due to his unparalleled dedication to patients, he received the 2016 David Hull, MD Young Practitioner's Award and has now been awarded a **2017 TOP DOC** designation by *Connecticut Magazine*.

Dr. Kuwada is highly-trained in the treatment of benign and malignant tumors of the head and neck, including thyroid and parathyroid glands. This includes open, endoscopic and robotic techniques as well as major reconstructive surgery of the head and neck.

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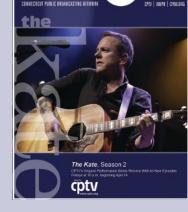
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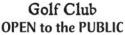


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BUSINESS & EDITORIAL OFFICES 100 Gando Dr. I New Haven, CT 06513

203-789-5300 | Fax 203-789-5255

Publisher Kevin Corrado

203-789-4600 | kcorrado@connecticutmag.com

| editorial |

Editor in Chief Albert Yuravich

203-789-5230 | ayuravich@connecticutmag.com

Senior Writer Erik Ofgang 203-789-5227 eofgang@connecticutmag.com

Writer Michael Lee-Murphy 203-789-5233 mmurphy@connecticutmag.com

Contributing Writers Clifford Atiyeh, MaryEllen Fillo, Randall Beach, Frank Rizzo, Kevin Hunt, Sam Norton, Anna Bisaro, Kathleen Schassler

Contributing Photographers Jeff Kaufman, Clifford Atiyeh, Arnold Gold, Catherine Avalone, Julie Bidwell

Executive Editor, Digital First Media/Connecticut **Helen Bennett Harvey**

hbennett@newhavenregister.com

| art & production |

Senior Designer Alyson Bowman

abowman@connecticutmag.com

Designer Greg Moody gmoody@connecticutmag.com

Features Production Coordinator

Mike Wollschlager mwollschlager@connecticutmag.com

Advertising Support Specialist Patricia Genovese

I sales & marketing I

Vice President, Sales Edward L. Woods 203-680-9924 | ewoods@adtaxi.com

Greater New Haven Joe Hiznay

203-401-1572 | jhiznay@adtaxi.com

Hartford + Litchfield Counties Karl Cicitto 860-944-7256 | kcicitto@adtaxi.com

Middlesex + New London Counties Richard Catanese 203-789-5428 | rcatanese@adtaxi.com

Tolland + Windham Counties Mark Michaud 203-836-0433 | mmichaud@adtaxi.com

Fairfield County Tracy Poeti

203-215-9701 | tpoeti@adtaxi.com

Marketplace Advertising Joe Hiznay 203-401-1572 | jhiznay@adtaxi.com

Subscriber Services 855-235-9032

PUBLISHER'S REPRESENTATIVES

Boston Lange Media Sales

781-642-0400 | erklange@aim.com

New York Couture Marketing

917-821-4429 | karen@couturemarketing.com

credit & collections 877-396-8937

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CEO Steve Rossi



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editor's note

Planning for the Storm

The waters of Long Island Sound, as well as rivers emptying into it, are on the rise. That is accepted across the state. What isn't known is how much rise will occur and how quickly.

Connecticut Magazine teamed with the New Haven Register to answer a critical question: what are coastal towns and cities doing to prepare for rising seas? To find out, we surveyed officials from every municipality along the Sound.

What we found was heartening, but at the same time, sobering. Most towns either have a plan in place, or are at least in the process of forming one. But only a relative few have taken concrete steps to address the literal and figurative storm ahead.

What stands in the way of changes being made? The state faces a budget crisis. Municipal aid stands to be cut. Failing public infrastructure, including roads and bridges, need to be fixed. And projections put sea-level rise anywhere from a foot to more than six feet. If a town wanted to raise a coastal road, for example, how high is high enough?

The good news is organizations are studying the issue, and working with coastal communities on the best ways to prepare. Only armed with the best and most up-to-date scientific data will we be able to adequately and cost-effectively prepare for what's to come.

Read our story and see the complete town-by-town responses, from Greenwich to Stonington, starting on page 50.

Don't miss other highlights: "Shock and Law" (page 15), on Taser use by local and state police; "Free Connecticut" (page 62), on the best places to visit, at no cost; "It's Only Natural" (page 75), on how alternative treatments are making inroads into conventional medicine; and our latest list of Top Docs (page 79), as voted on by doctors themselves.



ayuravich@connecticutmag.com | | | Twitter and Instagram @AlbertYuravich

new contributors

WRITER & PHOTOGRAPHER

Clifford Atiyeh

"THE JAGUAR MASTER" (15)

Clifford Atiyeh is an automotive journalist from Cheshire. He has spent his entire life driving cars he doesn't own — until buying his grandfather's Volvo for \$1 two years ago. A former Boston Globe staff writer, Atiyeh is a contributing editor for Car and Driver. If a pretty silver Jaguar passes you in Litchfield County, it's probably him.





WRITFR Sam Norton "RISING SEAS" (49)

Sam Norton is the Shoreline reporter for the New Haven Register,

covering a range of topics, from local government to feature stories. She began working with the company in 2014 as a layout designer.



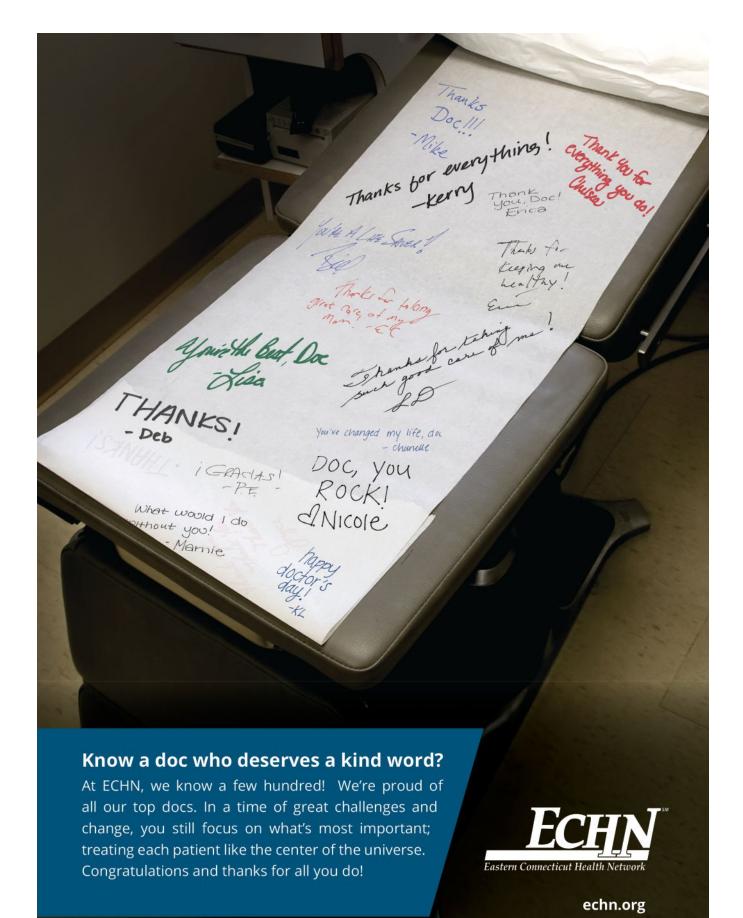
WRITFR Kathleen Schassler "RISING SEAS" (49)

A Nutmegger by choice, Kathleen Schassler is a general assignment

reporter for the New Haven Register. A native New Yorker, she is a recovering flatlander who traded rural Vermont for suburbia.

Correction: The executive director of Connecticut Landmarks is Sheryl Hack. She was incorrectly identified on February's Stepping Out page.







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voices



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reader letters

Compliments to the Chefs

I just wanted to compliment you on your March issue, which I thought had the most captivating content and irresistible-to-read articles. If you wished to provide a sample of your magazine to non-subscribers who might be enticed to return to the written word elegantly executed, this issue I believe would be a good choice.

> Russ Allen Guilford

In Revolt Over 'Generation Protest'

I have been receiving your magazine for over two years now and have usually enjoyed it very much. As a newcomer to lovely Connecticut, I welcomed highlights of things to do, places to see, visit or eat at. This month, I am very disappointed by the recent article in the current March issue titled "Generation Protest." Why? Really? What value is this political stance in a magazine devoted to mostly positive things in and around the state? I found it offensive and certainly not related to, at least, several of your readers' opinions or political ideology.

> Audrey Rink Niantic

An Education on Canals

In the article entitled "Our Irish Soul," in your March issue, in the paragraph headed "Canal Diggers," the author states that Irish immigrants "... dug canals in Erie, New York ..." which is misleading. First, it implies that "Erie" is a town in New York state, whereas there is no town by this name in the state, although there's a county so-named which is centered around Buffalo. Secondly, the canal they dug went through several counties in the state from Troy to Buffalo, a distance of approximately 300 miles, where it flowed into Lake Erie from whence it got its name.

The canal is of particular interest to me, as my paternal and maternal greatgrandfathers found work on it after emigrating from Ireland to the U.S. in the 1850s, and their descendants operated tugboats and barges on it for many years.

> Tom Dwyer Newtown

Desperately Seeking Freedom

I recently read your "Editor's Note" in the 40 Under 40 February issue. I'm a 2016 graduate of Muhlenberg College where I graduated Summa Cum Laude and Phi Beta Kappa in Music and Women's/Gender Studies, and within the next year I'm aspiring to relocate to New York City or the West Coast. You mentioned in your piece that Connecticut "has the sixth-highest percentage of people moving out of state," and I'd like to share my perspective on why that may be the case.

First and foremost, I'm a young gay man seeking an active love life and committed romantic partner, and Connecticut as a whole strikes me as aggressively masculine and sexually repressed in this respect. I never felt that I could truly express my sexuality or my soul and just "let my hair down." It's hard to constantly have to conform to such rigid sexual/gender norms and to be silenced for my unique sexual desires and expressions. I'm a strong believer in the capacity of the human spirit to co-create and envision a new way of life and being. Although I've recently started to find my "tribe" in New Haven with Experience Ananda, right now I'm feeling frustrated as a 23-year-old dude who deserves more from an active LGBT/sex-positive community.

Since growing up, Connecticut culture always pressed me to do more and be better, and I don't mean that in entirely positive ways. I intuitively felt the constant pressure to compete against classmates to "take the bull by the horns..." a rather suicidal

approach, I might add. And, even after years of schooling and education where I received straight As, educational praise from my teachers and numerous accolades for my musicianship and intellectual gifts/talents, all I have to show for it at the moment is a job as a Starbucks barista. I'm grateful for my job and enjoy my co-workers, but I feel judged by others who rebuke my serviceindustry profession. They have no idea what I'm capable of, and I'm ready for a career most likely not in Connecticut — where I'm deeply valued for my gifts/talents and can financially support myself.

Additionally, having grown up in Branford, both my mother and I can assert that although Connecticut and small-town life comes across as a "picture perfect community" (see: Gilmore Girls), the constant behind-the-scenes gossiping and exclusivity toward only those with significant Shoreline wealth is isolating toward an Italian-American family with big hearts and even bigger spirits. My mother can certainly provide evidence that seven of her friends have moved to Florida due to the expense of living, lack of opportunity and overall "cold cultural climate." And let me just say, we've traveled all over the state!

Honestly, it's disheartening as a young 20-something with degree-inhand to see virtually no opportunity for a future that my heart desires (or for my 20-something peers). I am still open to a change in perspective and the potential for brilliant and beautiful new opportunities that I heretofore have not witnessed in Connecticut, but I feel this in my heart and my personal truth needs to be expressed.

> Christopher Marsala Branford

Words Like 'Stigma' Matter

We learned from history to examine the words, "the stigma surrounding rape," not to simply repeat them, but to see the effect our individual participation was having. In repeating "the stigma of mental illnesses," as you did in your January story about Connecticut's Community Health Center, without seeing the effect our individual participation is having, we are falling victim to a new version.

> Harold A. Maio Fort Myers, Florida

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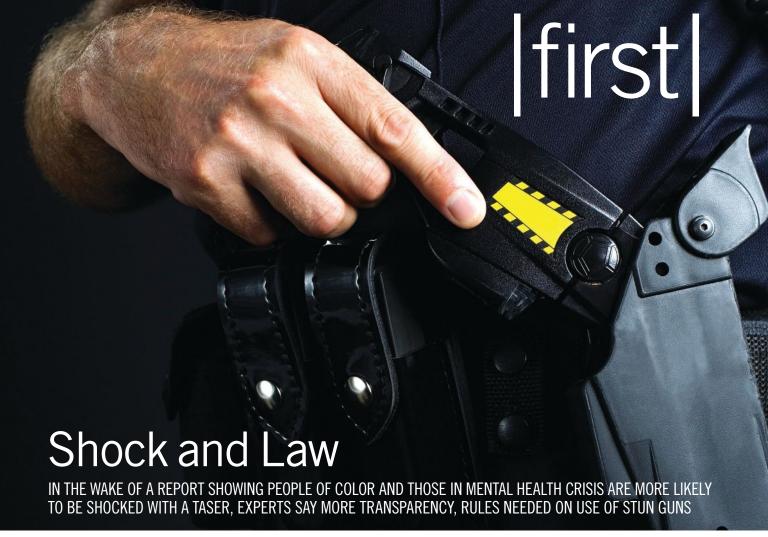








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BY ERIK OFGANG

On Aug. 7, 2015, Matthew Russo, a 26-year-old Hartford man, died after being shocked with a Taser four times by Hartford police.

After an investigation, a report from the state's attorney ruled the police officers exercised "reasonable and justified" force during the incident. But episodes like this are drawing increasing scrutiny.

Since 2005, 18 people, including Russo, have died in the state after being hit with a Taser by police. Of the 18, seven were Hispanic and eight were black. Russo was white. In 2014, Connecticut became the first state to enact a law requiring police to report Taser incidents. Data compiled for 2015 was released last year. In 2015, 90 departments were authorized to carry Tasers and 70 departments reported at least one Taser incident. A total of 650 reported Taser incidents involved 610 people. Of those subjected to Taser use in 2015:

- 83 percent were unarmed
- 53 percent were people of color
- 49 percent were under the influence of drugs or alcohol
- 33 percent were described as "emotionally disturbed"
- 13 percent were suicidal
- Two died

When involved in Taser incidents, including instances when a Taser is drawn but a shock is not delivered, people of color were more likely to be shocked and less likely to be given a warning before being shocked than whites.

- White males received an electric shock 60 percent of the time
- Hispanic males were shocked 66 percent of the time
- Black males were shocked 81 percent of the time
- While white males involved in reported Taser incidents were about as likely to be warned as to be shocked, black and Hispanic males were more likely to be shocked than to be warned

The high percentage of people experiencing a mental crisis or under the influence of drugs or alcohol who have been shocked, as well as the manner and frequency of people of color being shocked, has raised concern. There is a push to adjust the law this legislative session to gain a better understanding of how and why Tasers are being used by police and address a number of concerns related to their use.

QUESTIONS RAISED BY REPORT

The Institute of Municipal and Regional Policy at Central Connecticut State

University was tasked by the state with compiling and analyzing the reported Taser data for 2015. Ken Barone, an institute researcher and co-author of the report, says, "Although we're collecting some decent generalized information about the incidents that involve a Taser, the data collection could be better." He adds, "One of the recommendations [made in the report] was that we should explore collecting more comprehensive information any time a Taser is used."

The report also recommended that all use of force by police officers, not only Taser use, be reported to the state. "We have a sense of how often Tasers are used in a department, but we can't compare that to much," Barone says of the current law. "If we want to know, well, is a Taser used more often than an officer uses physical force, we don't know because [the state doesn't] collect information on physical force. If we want to know if an officer uses a Taser more often than they brandish their weapon, we don't know." He adds that this data would help researchers answer questions such as: "Are Tasers replacing other forms of force? Are they more effective at resolving other problems where previously [officers] may have used other force that may have been more dangerous? Are they making officers safer?"

BETTER RECORDING AND REPORTING OF INCIDENTS

David McGuire, executive director of the American Civil Liberties Union of Connecticut, wants Connecticut to enact a law that requires all new Tasers purchased to be equipped with cameras. He says this would give observers important insight and could also protect police. "In many cases it would allow police to show they used the Taser appropriately and fend off wrongful allegation or frivolous litigation."

Hartford's Deputy Police Chief, Brian Foley, agrees. "The more reporting the better. Our goal here is to have all our Taser uses videotaped," he says. He adds that the Hartford Police Department will not buy or repair a Taser unless that device is equipped with a video camera or carried by an officer with a body camera, which is part of a larger effort to have all uses of force by Hartford Police recorded.

Another suggestion made in the report is to require a standardized reporting form, so that the information police departments provide about Taser incidents is consistent.

Foley also supports these efforts, provided they don't require additional funding. The Hartford Police Department did not initially report the incident in which Russo died, an oversight that Foley says occurred because all documentation regarding the incident was sent to state

police and the state attorney's office, which was investigating Russo's death. "It was literally a glitch in the system and it won't happen again," he says.

TASER USE AGAINST PEOPLE OF COLOR

The report found that in addition to being more likely to be shocked without a warning, "black and Hispanic persons were less likely to be armed, but more likely to be [shocked] than their white counterparts. ... White males were armed in 19 percent of incidents, Hispanic males in 16 percent of incidents, and black males in 12 percent of incidents."

McGuire says the data "raises some real questions about subconscious bias."

Approximately 717 state troopers carry Tasers, out of 1,061, says Trooper Kelly Grant, a Connecticut State Police spokeswoman. These troopers receive frequent bias training, Grant says. "Troopers attend in-service training throughout the year, where new and updated laws are reviewed, and review training on equipment, such as Taser, is provided along with instruction on a variety of topics. The Connecticut State Police provides bias-type training and constantly explores additional training programs."

McGuire would like to see this training increase in departments across the state. "Every person in society has bias that we

often are not aware of, but it's imperative that law enforcement officers understand that and take measures to counter that bias, especially when it comes to use of force," he says.

TASER USE AGAINST THOSE IN MENTAL HEALTH CRISIS

Of the 610 people shocked with a Taser in 2015, a total of 202 were described as being "emotionally disturbed." Though Russo's case was not initially reported, he likely would have fallen into that category, as well. According to the state's attorney report, Russo's mother called the Capitol Region Mental Mobile Crisis Team to report that her son, who weighed more than 400 pounds at the time of his death, was refusing to get medical attention for his legs and feet, which had become red and swollen. The crisis team asked for assistance from Hartford police. As police officers attempted to convince Russo to go the hospital, a scuffle ensued during which officers — while also trying to physically restrain Russo — shocked him four times, for a total of 18 seconds. Russo died during the confrontation.

Dr. Maura DeJoseph, the state's deputy chief medical examiner, ruled Russo's death was not caused by the Taser use, and that the cause was "cardiac arrest during physical struggle with prone positioning

THE READING ROOM

A FIELD GUIDE TO LONG ISLAND SOUND

By Patrick Lynch Yale University Press 2017, 416 pages

Long Island Sound is one of Connecticut's most prized and distinctive geographic features, but how much do you really know about it? About its flora and fauna? About



what makes it tick? Patrick Lynch's new book is a handy guide, easily fitting into a backpack on a beach walk, that gives the reader a sense of the nature they enjoy. Both regular visitors to the Sound and the relative newcomer

will find the field guide chock full of enlightening information. The book gracefully straddles the line between the sort of scientific ecological writing you might find in a textbook, and the more accessible writing of a nature hiking guide.

THE TRAPROCK LANDSCAPES OF NEW ENGLAND: ENVIRONMENT, HISTORY. AND CULTURE

By Peter M. LeTourneau and Robert Pagini Wesleyan University Press 2017, 208 pages

Starting in New Haven and running up central Connecticut into Amherst in western Massachusetts, a series of distinctive, large rock cliffs hang over towns and cities. Known variously as the Hanging Hills or the Metacomet Ridge,



the geologic formation is fairly unique to the New Haven-Springfield corridor. In this new beautifully curated book, LeTourneau pulls descriptions of the trap-rock landscape

from 18th-century travelogues, along with environmental analysis and his own essays. The archival material, original work and gorgeous photographs from Pagini all come together to make the compelling argument that the trap-rock formations of our region are not only nationally significant, but have also shaped the society that has developed around them.

SUBMARINES, SECRETS & A DARING RESCUE

By Robert J. Skead and Robert A. Skead Zonderkidz

2015, 206 pages

This young adult historical fiction from a father-and-son team is a story about their ancestors fighting in the Connecticut



militia during the Revolutionary War. The latest installment in the multi-part series focuses on 15-yearold twins John and Ambrose Clark (distant relatives of the authors), doing various operations

for the Continental Army. Much of the story is set in Connecticut, and involves the brothers Clark manning the *Turtle*, the first American submarine, designed by Connecticut Revolutionary War veteran David Bushnell. For young Connecticut readers with an interest in history, the book tells a great story, set right here at home. | MICHAEL LEE-MURPHY |



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STUN GUN USE Of those involved in Taser incidents* in 2015: IN CONNECTICUT 81% of **66%** 60% black The number of people who have males died after being shocked with a of Hispanic Taser by police since 2005 were white males shocked males were of those killed were either black or Hispanic were shocked shocked Source: The Institute of Municipal and Regional Policy at Central Connecticut State Univ.

and chest compression with other contributory conditions such as cardiac hypertrophy due to morbid obesity."

McGuire says that, as occurred in this case, many Taser incidents in Connecticut "resulted not from the reporting of a crime but from a mental health call." This problem is compounded, he says, because those experiencing a mental health crisis "are much more susceptible to serious injury or death from a Taser."

Foley says mental health calls are difficult for police. "You have crisisintervention people, trained clinical workers, doctors, who specialize in crisis intervention. When they fail, as with

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Russo, to get the person to the services or the medical help that they need, they call a police officer. And what's that police officer bringing with him? Gun, Taser, potentially, pepper spray, a nightstick. You're introducing an officer and all these implements of force to go into a situation with a mentally unstable person. When you do that, statistically, bad things are going to happen." He adds, "How do you expect an officer with literally an hour, or week, of crisis-intervention training to do a better job than a doctor or clinical worker. ... It's something society needs to take a look at overall, holistically, at what we're sending police officers in to do."

POLICING THE POLICE

McGuire says, in Connecticut, all the Taser investigations "have vindicated the officers and found no police misconduct." But there are cases in which justification of Taser use is unclear, he says. "A few years back, in Middletown, a person who was in mental health crisis was [shocked] 34 times by three different officers, and that was deemed a justifiable use of force and ultimately the officers were exonerated."

McGuire believes "there needs to be some truly independent entity that is not tied to law enforcement that will carry out these important investigations where someone dies at the hands of police. We've been in touch in recent months with some international agencies that do this in British Columbia and the UK."

Beyond Taser incidents, McGuire argues this would help with the larger issue of community police trust. He says the public has "very little confidence in the police's ability to police themselves, [and] in Internal Affairs as well as the state's attorney's abilities to meaningfully investigate the officers they deal with on a regular basis." He adds, "Whether or not a system is fair, if the people who are interacting with that system believe it is unfair, something needs to be done to rectify that."



LEBY Golisano

Have a Glass with Kathie Lee

TODAY SHOW CO-HOST, GREENWICH RESIDENT LAUNCHES NEW LINE OF WINES | BY MARYELLEN FILLO

You'd be hard pressed to find someone who has never heard of Kathie Lee Gifford. The singer, author, producer, actress, businesswoman and Today show co-host, with gal pal Hoda Kotb, is adding something else to her résumé: wine entrepreneur. The busy, wise-cracking but devout Greenwich resident, known for that signature glass of wine that is part of her morning show's landscape, has partnered with Monterey, California's Scheid Family Vineyards, lending her name and her opinions to a variety of whites, rosés and reds. The 63-year-old, who was married to the late football icon Frank Gifford, will make a couple of stops in Connecticut over the next few weeks to present a selection of the vineyard's Gifft wines. On March 31, she will showcase her wines at a luncheon at Max's Oyster Bar in West Hartford and then again on April 27 at Stamford's Pinot's Palette from 5 to 7 p.m. in Stamford. It was nearly time for Gifford to get back to the set recently, but she managed to make some time to talk widowhood, family, career and, of course, wine.

A wine line by "America's Sweetheart" ... do tell! You have had so much success, but is this a case of getting better with age?

It has nothing to do with age, but an opportunity to do something new. I was approached about getting involved in working with the Scheid family and its wines, and I thought "why not?" But I am not the kind of celebrity who lends my name, takes the money and runs. I wanted to be a partner in it and be part of it. The Scheids make excellent wines, although honestly, I wasn't familiar with them at first. I had given up on California wines. The California chardonnays that I had loved had become so oaky, thick and heavy, they looked like a urine specimen. When we talked about it, the Scheids said, "We can make a chardonnay wine like you remember." They did and we came up with a label and then we went on to do something again, this time a red blend. And have just kept

Do you consider yourself

No, not an expert, but I know what I love and I don't compromise on that. It's a hard business to break into. And most

celebrity wines aren't successful. I was excited with the pinot grigio we introduced last year and then a pinot noir that is very unique. The new craze is a white blend with like 10 wines in it, and that's our new baby coming. The name will be Bountiful. It has a delicate, beautiful bouquet, fruity without being sweet, and I like to serve it very cold. I put it in the freezer for about 20 minutes. Because of the shortage of cork, our wines have screw tops. Our tagline is "Too easy to open, too hard to put down."

You have been a Connecticut resident for a while now. What do you love and what do you not love so much?

I don't like January, February and March because of the weather. And the only other bad thing is the taxes, which were nonexistent when we first moved here. There was no state income tax. Besides that, I love the other nine months.

I have read that you had never envisioned another television career after Live with Regis

GIFFI

and Kathie Lee and yet here you are, a master of the morning as part of the Today show team. What did you learn?

Everything is timing in life. I never knew when I joined Regis that we would be such a great success. I knew what environment I needed to be in. I needed to be useful, trusted my gut and never went into anything thinking I would be a success. My joy is nonnegotiable. I want to be with people I enjoy and respect. It is not just about a paycheck. The secret to success is fun.

So are you having fun now after being on the Today show for 10 seasons?

After Regis and Kathie Lee, I was ready for a different kind of life and happy to be off the radar. When NBC pursued me I didn't know there was a third hour, much less a fourth hour. I wasn't interested. Finally I was talked into meeting Hoda, and I didn't even know who she was. We had great chemistry and liked so many of the same things, and I told her, if I am going to go back to work, it is going to be with someone like you.

I don't think there is anything more life changing than losing a spouse. You lost your husband Frank Gifford just a year and a half ago. Your strength was never more evident than when you were at work a week

later, ready to go on. Where did that strength come from?

My faith. People say "you lost your husband." He is not lost, I know exactly where he is and I will see him again. He is in a better place and wouldn't come back here if he could. For every trial and tribulation, hold on to the hand of God. It will apply for every situation. It is not a new phenomenon. You can have joy and

Your fans were right alongside you when it came to stories about your kids, Cody and Cassidy. Now they are all grown up. How is it being a mom to adults?

They mother me most of the time now. And soon they'll be changing my diapers. My son is graduating in two weeks with a master's degree from Oxford and my daughter is in Vancouver, Canada, doing her fifth film for Hallmark. They are great kids. As adults, they have chosen their own faith. They love the Lord with all their hearts.



The Jaguar Master

EVEN BLIND, WINSTED'S STEW JONES KNOWS THE BRITISH BEAUTIES FROM TOP TO BOTTOM

BY CLIFFORD ATIYEH

Stew Jones brushes his fingertips along the frame, ducks his black leather cap beneath the curved roof, and buckles up. We're in a new Jaguar F-type SVR with nearly 600 horsepower and neon blue paint that screams Miami, not this 35-degree afternoon in Winsted. I promised him a ride, yet aside from Ralph Nader's museum on Main Street, I have no clue where to go. Jones directs me to a lonely stretch of Route 44, a favorite cruising road. "Not this left. The next one. Turn here." I'd have let him drive, but Jones is blind.

His neighbors on Highland Lake know he hasn't seen these roads in some 30 years, or the narrow path joining his brown home to a brick garage where he fixes a bunch of old British cars. But they don't know Jones like his customers, and that he's inarguably the country's most esteemed restorer of vintage 12-cylinder Jaguars and celebrating his 40th year in business under Stew Jones Restoration. I've brought Jones the F-type to bridge old and new, to better appreciate his craftsmanship against a modern sports car. Turns out, Jones builds an even better Jaguar.

"Some people take drugs," he says. "I fix Jaguars."

At 74, Jones is trim with barely a wrinkle, his blue eyes sharp and clear. Mechanic Sam Walker gently takes his arm, if for only a moment, as Jones leads us into his sun-drenched showroom, a former ice house perched on the lake's edge. Five immaculate E-type roadsters sit under tall window arches, the golden light glinting off water, steel and chrome. New York's Museum of Modern Art has an E-type on permanent display for one reason: It's beautiful. But Jones specializes in the E-type's final years, especially the last 1974 model that he calls "the ugliest of them all."

To meet federal safety laws in the early '70s, foreign automakers retrofitted their bumpers with blocky extensions for 1974. Beyond looking like a buck-toothed bunny, these E-types were longer and heavier than the early '60s cars, which are worth several times more than a comparable '70s E-type. While Jones can restore most Jaguar models



dating to 1948, he's happiest perfecting the late E-type — including Jaguar's first production 12-cylinder engine. "Jaguar had a reputation for being undependable, but the V-12 was the ultimate undependable, and it was well deserved because they were awful," Jones says.

Jones runs a palm along the hood, then wedges a finger beneath the windshield and traces his way to the rear fender. He knows it's the 1974 silver roadster. "Jaguar's [stamping] press for the hood louvers was flat and didn't match the curves of the hood," he says. His louvers do. What about those funny bumpers? Jones made a sleeker design that fits better than the originals. Walker lines up bolts on a plywood table, leafing through factory diagrams for the exact threading. If one bolt is wrong — even if it's hidden deep within the body — Jones insists he fabricate new ones. On another car, Jones discovered the driver's door was an eighthinch longer than the other. He cut the car in half just to make them equal.

"He's a real perfectionist," says Wayne Carini, who runs F40 Motorsports in Portland. "It's hard to comprehend he can do it."

While studying industrial arts at Central Connecticut State University in New Britain, Jones had to be the slickest undergrad on campus in his 1955 Jaguar Mark VII, a stately sedan he picked up for a mere \$100. It was this car — and all the constant repairs a British car required in those days — that stoked his passion for Jaguar. He went to work at Pratt & Whitney and would later teach automotive repair at Torrington High School for 20 years. By 1977, his Jaguar shop was in full swing. "If you do a ham-and-egg job, this is how people make money," Jones



says. "They'll buy one that's kind of beat up, they'll do some quick and dirty stuff, make it look pretty good. Me, in the beginning, I used to do that."

Eight years later, Jones went into a coma for eight days. Driving through Winsted on Halloween night, another vehicle crashed into him, sending his ribs into his heart and lung. He woke up permanently blind. And yet, fearing he'd never fix a car again, Jones didn't change course. He married his second wife, Karen, and went back to business, uncompromised. When he's not working, Jones trains for bench-press competitions.

Karen calls us into the kitchen for roast beef sandwiches and cranberry juice. She manages the office and is one hell of a driver. Piloting the "Beast" — the couple's gutted E-type track car — Karen holds one of the fastest slalom times in the Jaguar Club of North America. Five more E-type coupes and roadsters sit in a second warehouse up the street, with extra parts stocked in a Torrington warehouse. Walker and four other employees sometimes meddle with insane projects — like a 10-liter V-12 that Jones admits, with a cheeky smile, will hit 800 horsepower.

"For his lack of eyesight, it's an incredible thing," says Carini. "When you have a disability, fantastic things happen."



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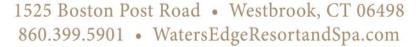
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New Beginnings By MICHELLE BODAK ACRI

There's something about spring in Mystic Country that holds such promise. Something about the nodding golden daffodils at our feet and the crisp blue skies overhead that makes us want to run from room to room to throw open every last window and embrace each and every possibility. Indeed, 'tis a season to celebrate new beginnings and new adventures, one we're positively giddy with excitement just thinking about spending in Mystic Country. Won't you join us?

HAPPY ANNIVERSARY!

Foxwoods Resort Casino (800-FOX-WOODS or foxwoods.com), North America's largest resort casino, turns 25 in 2017 — and couldn't be prouder. To thank customers for being "Foxwoods Faithful," a full year of "Wonders" are planned. In April, it's all about your chance to win at Foxwoods \$40,000 Guaranteed Slot Tournament, which will take place April 14-16, 21-23 and 28-30 in Great Cedar Casino. The 25th-anniversary celebration will also include, for the first time in Foxwoods' history, four multishow performances of Broadway classics at the Fox Theater. The series kicks off with a pair of must-see performances of the 1971 classic Jesus Christ Superstar on April 7 & 8 and continues through July with 42nd Street, Pippin and Mamma Mia! Better yet, 25th-anniversary Hotel Packages make it that much easier to extend the fun. Package 1, for example, is valid Monday through Thursday for a deluxe room at Grand Pequot or The Fox Tower. It is \$129 based on double occupancy.

THAT'S OUR GIRL

The Katharine Hepburn Cultural Arts Center in Old Saybrook (860-510-0473 or katharinehepburntheater.org) has a plethora of possibilities for April. The month begins with Mary Poppins: The Broadway Musical presented March 31 through April 2 by Broadway Kids & Company School of Performing Arts in Niantic. On April 6 it's a road trip down memory lane with Route 66: A Musical Revue, and on April 9 the Bolshoi Ballet in HD: A Hero Of Our Time on The Kate's big screen. The Ultimate John Denver Tribute with Ted Vigil and a requisite Rocky Mountain High is planned for April 15, while the gorgeous Jane Monheit delivers her tribute to Ella Fitzgerald on April 20. Anne of Green Gables on April 23, part of The Kate's Children's Series, proves that, "When you imagine, sometimes you find what you need," and on April 28 it's true blues by way of Johnny Nicholas - and that's just to start.

AVAST, ME HEARTIES

Mystic Seaport's (860-572-0711 or mysticseaport.org) Pirate Days on April 11 and 12 promise treasure maps, hidden booty, a High Seas Planetarium Show, a rousing performance of Arrr You Ready To Be a Pirate? and photo-ops with highspirited pirates. A new Science of Time workshop at the Treworgy Planetarium on April 15 and 16 invites participants to build sundials as they learn about time in its various forms. Finally, On Land and On Sea: A Century of Women in the Rosenfeld Collection includes more than 70 images, many on exhibit for the first time, from

aviators and athletes to telephone operators training in New York City and suffragettes on the march in Washington, D.C.

PICTURE PERFECT

The artists of the Lyme Art Colony liked to paint en plein air. Indeed, Childe Hassam, Willard Metcalf and their peers spent much of the early 1900s interpreting the glory of the Old Lyme landscape in their own Impressionist style. Their hostess/patron was Miss Florence Griswold, who ran a boardinghouse for artists that is known today as the Florence Griswold Museum (860-434-5542 or florencegriswoldmuseum.org). Matilda Browne: Idylls of Farm and Garden, on display through May 28, examines the myriad talents of Matilda Browne, the only woman accepted as a peer by the male artists in Old Lyme. Browne, who spent most of her adult life in Greenwich and, as a founder of the Greenwich Society of Artists, exhibited in all of its annual exhibitions from 1912 through 1931, was even given the honor of being invited to paint a pair of door panels in Miss Florence's 1817 late Georgianstyle mansion. Nonetheless, this will be Browne's first solo exhibition in more than eight decades and first ever in a museum.





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ON THE EDGE

Water's Edge Resort & Spa (860-399-5901 or watersedgeresortandspa.com) on Long Island Sound in Westbrook will be movin' and groovin' on April 8 to The Sound of Motown. The evening of live Motown favorites will begin with a cocktail hour at 6 p.m. followed by a dinner buffet and show at 7 p.m. Tickets are \$49 a person; an overnight package for two for \$299 includes dinner, show and room for two. A "Spring Special" overnight package includes 20 percent off when you book two nights, 30 percent off when you book three or more nights Sunday through Thursday between April 3 and May 25. "A Night to Remember" package, available through April 30, includes overnight accommodations and one \$100 resort-wide credit and starts at \$219 per night.

RABBIT SEASON

Olde Mistick Village's (860-536-4941 or oldemistickvillage.com) Easter Egg Hunt will take place on April 15. Participants 2 years and younger will meet with Mr. Bunny in the village gazebo from noon to 1 p.m. Three-year-olds will hunt for eggs at noon in the Apple Orchard, 4-year-olds at 12:15, 5- to 7-year-olds at 12:30 and 8- to 10-yearolds at 12:45. In the event of rain, all eggs will be available at the gazebo. Whatever the weather, the shopping at the village's collection of 50 shops and eateries is hard to top. Garden Specialties is the place to help spiff up your garden, Raining Cats and Dogs is every pet-lovers favorite stop, Sticky Situations is the place for artisan honey, maple syrup and bee pollen, and just looking at the collection of kites, whirligigs and wind chimes on brilliant display at Mystic Kite Shop will make you happy it's spring.

YOUR PALACE AWAITS

The gilded Moroccan-inspired movie palace known as the Garde Theatre, part of the nonprofit Garde Arts Center (860-444-7373 or gardearts.org), was built in 1926 during the golden era of motion pictures and vaudeville theatres with variety acts such as music, comedy, acrobats and magic. The Garde offerings on tap for this April are almost as diverse. Selling England by the Pound (The Black Show) by internationally acclaimed Canadian band The Musical Box on April 7 relives the magic of Genesis. Switching gears, the sun will no doubt come out over the Garde on April 23 when Annie takes the stage. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production promises to be a brand-new incarnation of the iconic original. Finally, it's the Eastern Connecticut Symphony Orchestra in the house on April 29 with its 70th anniversary season finale Ode to Joy. How's that for variety?

HERE COMES THE SUN

Hot tickets at Mohegan Sun (888-226-7711 or mohegansun.com) in April include CT Gamer Con on April 1 and 2 at the Convention Center. Think competitive video gaming, retro-gaming and arcade classics, a dealer showcase with gaming supplies, action figures and anime collectibles, and a cosplay contest. Rock royalty takes over the Arena on April 1 with Bon Jovi. Next, Freestyle Loves the '90s special guest host Joey Fatone of NSYNC invites you to reminisce on April 8 with stars of the decade such as Stevie B, Fascination, Tiffany and The Cover Girls. Def Leppard with special guest Poison takes over on April 12. Opening day for the Mohegan Sun Golf Course is April 16, and then it's time to sample some fine whiskey, scotch, bourbon and rye at the Sun Whiskey Union on April 21.

Special hotel packages for the month include a Bon Jovi Entertainment Package, which includes an overnight stay at Mohegan Sun's luxurious hotel, two premium tickets to Bon Jovi and a \$25 beverage comp to Taughannick Falls Bar.

IN THE SWIM

Mystic Aquarium (860-572-5955 or mysticaquarium.org) kicks off the month with "Pancakes with Penguins." The buffet-style breakfast on April 1 will include pancakes, scrambled eggs, sausage, beverages and a visit by one of the aquarium's dapper African penguins. Mystic Spirit Week, which runs April 12-19, is next up and will include live music, demonstrations and more from local businesses, block party-style games, conservation activities and the chance to get close to some of "Mystic's Monster Machines" including fire trucks, construction machines and rescue vehicles. The aquarium's Earth Day Celebration takes place April 22 and 23 and promises to help you learn to reduce your personal impact on the environment through simple changes in your daily routine. It includes a beach cleanup on the 23rd at Bluff Point State Park in Groton, at which marine biologists will be on hand. Back at the aquarium, be on the lookout for Siku, a 2-year-old spotted seal who recently joined the aquarium family.

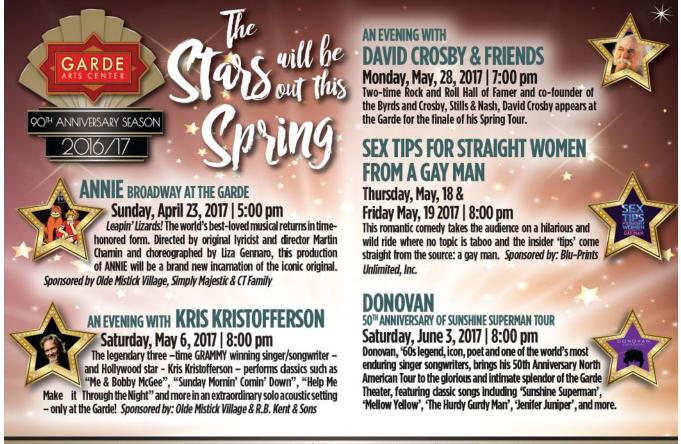
TIMELESS

The massive 308,000-square-foot Mashantucket Pequot Museum & Research Center (800-411-9671 or pequotmuseum. org) takes visitors from the last Ice Age to the present as it shares the story of the Mashantucket Pequot Tribal Nation, the histories and cultures of various other tribes and the region's natural history. Immersive exhibits transport you, among

other locations, deep into a glacial crevasse, smack into the middle of a thriving 16th-century Pequot village and 185 feet straight up in a stone-and-glass tower that provides impressive views of the region. A new contemporary art exhibition titled *Without a Theme* will be on display through Nov. 2, and is an immersive display that showcases about 20 vibrant, large-format installations from seven premier North American artists from across the country.

GET TO THE POINT

Easter Sunday Brunch 2017 at the Saybrook Point Inn & Spa (860-395-3245 or saybrook.com) is bound to be a sight to behold. This Easter feast, available between 10 a.m. and 4 p.m., will include everything from a "Farm to Chef Easter Egg Basket" station with lobster Newburgh-style eggs benedict and spinach and Gruyere quiche to "Fruit de Mar" such as shrimp cocktail, house-cured salmon, seared ahi tuna and smoked mussels to entrées such as White Marble Farms pork tenderloin medallions with wild mushroom and Madeira cream sauce. Cost is \$55.95 for adults and \$27.95 for ages 5-12; children 4 and under are complimentary. An "Easter Brunch Package" is available for April 15 and includes an overnight stay, two \$10 drink vouchers and Easter brunch for two; prices start at \$409.





THE ORGANIZATION: Roses for Autism

THE STORY: Shakespeare's Juliet said that a rose by any other name would smell as sweet. You might take that as a universal truth until you smell the roses at Guilford's Roses for Autism, where the roses have their own distinctive, fragrant smell. "That's a Connecticut rose. You don't get that in a grocery store," says Executive Director Michelle Ouimette, swelling with pride. Different roses are cultivated for different characteristics, like length, color and smell, Ouimette says. As with the breeding of any plant, one characteristic is prioritized at the expense of another. A rose with a classic long stem might have a muted, fainter smell than a rose cultivated for that purpose.

The roses at Roses for Autism are bred for their smell, but that's not the only purpose of the state's lone commercial rose farm. In fact, it's not even the most important reason. Ouimette says the 501(c)3 social enterprise has three goals, and none of them have to do directly with selling flowers. First, Roses For Autism strives to help individuals with autism gain employment in the community, in jobs they enjoy, by providing training that can be used elsewhere. Second, the organization helps people in what is known as the "transition age" bridge the gap from "school days to pay days," Ouimette says. These years can be difficult times for a young person on the autism spectrum, as they age out of support from local schools, and are looking for their first job. Those living with autism can find it difficult to communicate and form relationships, skills essential for many entry-level positions. A third of the workforce at Roses for Autism at any given time lives with the condition, and since its founding in 2009, the organization has placed nearly 70 people in jobs in the wider community. According to advocacy organization Autism Speaks, as many as 90 percent of those with autism are either unemployed or underemployed. "We've been able to prove that you give very specific, intense support for a couple of years, and then you can place people. And then, not only are they more independent,

they're happier, they have a sense of purpose, they feel like they're part of the community," Ouimette says.

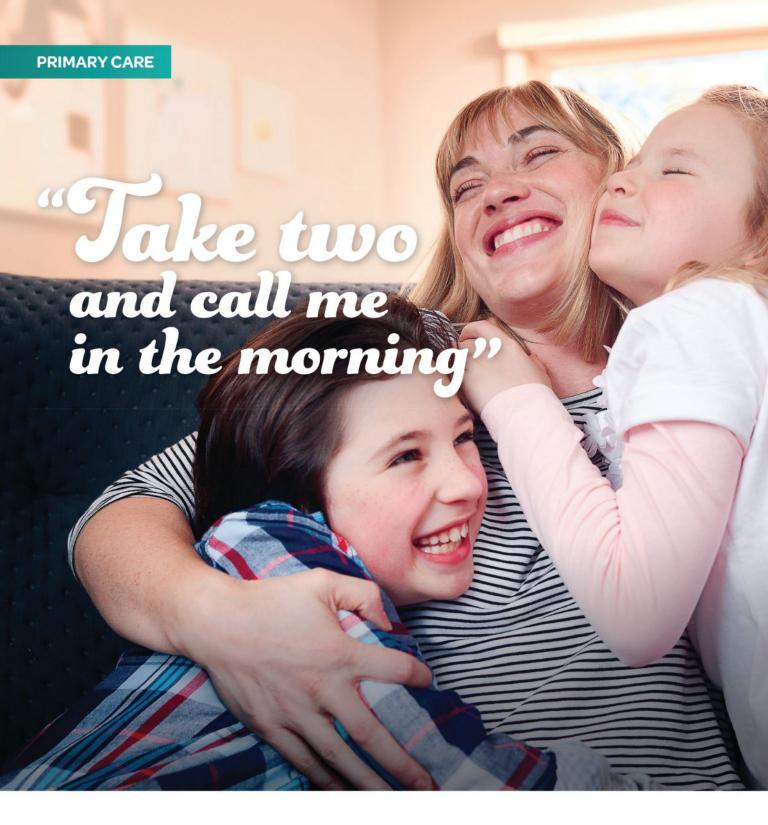
Joshua Greenvall, a 24-year-old who lives with autism and has been with Roses for Autism for several years, also has a part-time job at Walmart. Greenvall says Roses for Autism is a "great place to work." He says he is far more sociable than he used to be. Justin Amos, 20, says he would like to work with photography.

The third goal of Roses for Autism, which is not as centrally stated but is almost as important, is to keep alive a Connecticut tradition: the commercial cultivation of roses in the state. Founded in 1929, Guilford's Pinchbeck Farm was forced to close in 2008 by market conditions and increased competition from overseas rose growers. Roses for Autism has allowed Pinchbeck Farm to continue its operations under the auspices of the nonprofit. On a recent tour, Tom Pinchbeck was on hand in his capacity as a consultant grower, where he lends his expertise from generations of learned experience. "I grew up on the farm, so it's nice to see it continue along ... and adapting to the times. ... It's nice to know that the farm is being used for vocational training," Pinchbeck says.

Inside the almost majestic greenhouses where the growing is done, where the air is warm and the smell of soil is refreshing in the cold of late winter, Ouimette says the organization is always looking for funding sources, and recently converted to a natural gas heating system in order to cut back on costs. Grant funding is a constant search.

Roses for Autism ships overnight nationwide from its website, rosesforautism.com, and has launched a line of perfumes with scents derived from their roses. With Mother's Day around the corner, Roses for Autism will get you some of the nicest roses around, along with a perfume and a mission of empathy, kindness and support: a fitting gift for a mother anywhere.

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



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Circus Lover: 'I Cried Like a Baby'

Gary Payne greets me at the front door of his condo in Hamden and says, "Come on down to my Circus Room!"

This expansive space in his basement is the ultimate man cave for a circus aficionado. Payne has a wet bar at its center, and the walls are lined with original posters from circus shows of decades past. And bolted to the wall is a red folding chair, which he believes he sat in when he was 6 years old and beheld his first circus, in Prospect: the 1961 Clyde Beatty-Cole Bros. show.

How does he know he sat in that very chair? "It's from that show from that season," he says. "Because I went to that show more than any other, I think there's a pretty good chance I sat in that chair."

But despite Payne's seemingly boundless enthusiasm, these are sad days for him and other members of the Circus Fans Association of America, of which he is president. In January, the owners of Ringling Bros. and Barnum & Bailey Circus announced they will put on their final performance May 21 in Uniondale, New York.

When Payne heard the news, he says, "I cried like a baby."

Payne pauses, adding, "But I was probably the fan who was most prepared for it. I saw it coming because my fascination with the circus has always been the logistics. I could see the ticket sales weren't adding up enough to pay for the whole thing."

As for why this circus isn't selling as many tickets now as previously, Payne says, "When they took the elephants out (in May 2016), I knew that would not be good. You don't take the star out of the show."

The elephants were eliminated in the face of repeated protests and picketing by animal-rights activists, who said the animals were being mistreated. Payne heatedly dismisses this charge, saying, "Nothing could be further from the truth."

Payne also blames "city hall" for what has happened to Ringling Bros. and Barnum & Bailey. "As CFA's president for many years, I'm acutely aware it's city hall that caused the demise of the circus. They threw obstacles in the way instead of supporting it. What business do you know that gets 6-7 inspections a day? Every morning when I've been at a circus I always see up to six inspections going on: the local police, the state police, the Humane Society, the animal control officer..."



Gary Payne, president of the Circus Fans Association of America, is photographed in the Circus Room of his home in Hamden in February. PHOTO BY ARNOLD GOLD

Payne considers the circus to be "like a national monument or a national park, like the Washington Monument or Yosemite. Our legislators protect those. Unfortunately, no one protected 'The Greatest Show on Earth.'"

He also calls the circus "an art form," adding, "It's like ballet. It's like theater."

Payne, who is 61, estimates he has seen 300-400 Ringling Bros. and Barnum & Bailey shows in 20-25 states and "all told, over 1,000 when I add up all circuses, including backstage visits."

What draws him to the circus? "It's that fascination of something akin to Disneyland coming to town for one day only. At age 6 I wanted to see the circus lot empty, then see the circus the following day and see the empty lot the next day. How in the world do they make that happen? That was my earliest fascination, and continues to be."

The circus has remained his lifelong hobby, but he never got a job with one. He succeeded his father as a salesman for the Cornerstone Fence Co., based in Meriden.

When Payne began spending time with the woman who would become his wife, he took her to the circus for their third date. This was a test; it would have been great if she loved it but acceptable if she thought it was OK.

She thought it was OK. "She'll say, 'I've met some fascinating people at the circus, like the Human Cannonball." Payne and Amy Lyons Payne have been married for three years.

Payne tells me all is not lost, that there are still more than 20 great circuses on the road in America.

His eyes return to that red chair on the wall. "When I sat in that chair, I was 6 years old. When I sat in a chair this past weekend at the Royal Hanneford Circus at the White Plains County Center, I was 6 years old again.

"Everything in the world has changed, but not there, not the way I feel when I'm at the circus. When I see families saying, 'Wow!' and screaming and shouting ... You need to watch kids at a circus. They're exactly the same as kids have always been."

Payne sighs. "Part of us dies when Ringling Bros. dies. For the first time, I feel vulnerable." He adds, "I now realize how fragile the circus is and what it means to people."

Incredible fact: Payne was not able to get a ticket to that final show — it sold out quickly — and might not see it. "I have never accepted a free ticket in my life. Our association's motto is: 'We pay as we go.' We take no favors."

But he can't possibly stay away. "I'll probably be in close proximity, by the back door. I want to say thank you to quite a few people."

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.









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this month front row

A former editor and contributor for Connecticut Magazine, Branford's Faith Middleton is one of the most prominent voices in Connecticut media on food. As the host of WNPR's The Food Schmooze, Middleton is an authority on fine dining in the state. On April 28, she will host the Evening of Fine Wines, a fundraiser for scholarship programs at Manchester Community College.

Community College culinary program, which is very sophisticated, does astounding food for this thing. It really is remarkable. And everything is included in the ticket price. All of that said, there is another reason that Chris and I are doing this event. The money for this event is attached to students of all ages. We love this program, Chris and I do, because every program that gets funded with the money from this thing, is attached to real people. The community college, when they're training people to go into these professions, they can't just give them some outdated equipment to use. They have to train them for the real world. They have to go out and buy the best technology so that these students, who are either changing careers or starting careers, are prepared to work in the real world. This kind of training is one of the gems, I think, in Connecticut, and anything Chris and I can do to help shine some light on them. By

these major auction items. The Manchester

MCC — I've been to a lot of community college graduations because I give commencement addresses because I care about this. Honestly, I'm not kidding, this sounds so over-the-top mushy, but I am chewing on the side of my cheek not to burst into tears. To see people who have jobs during the day, going to school parttime, they have kids, they're single parents,

EVENING OF FINE WINES

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young people just starting out thinking maybe. "I can't go to college, but maybe if I start in community college, I can get trained for the four-year colleges" — it is so moving. In the old days, it was automatic. When you went into high school, you went into companies and you were an intern and that's how you trained for the business world. And that has kind of been lost. I think community colleges have taken the place of that and the training is amazing. They work very closely with companies to say: "What do you need? What specifically? What equipment do you want us to get?" There's a real payback to us in the community that we're surrounded in all the things we do by people who are really skilled in a real way. Plus, this event is just fun. You're having a ball. You're drinking fabulous wine, eating fabulous food, having a great time with people, bidding on auctions, and at the same time, you're supporting something that really matters.

What does Chris Prosperi bring to the table?

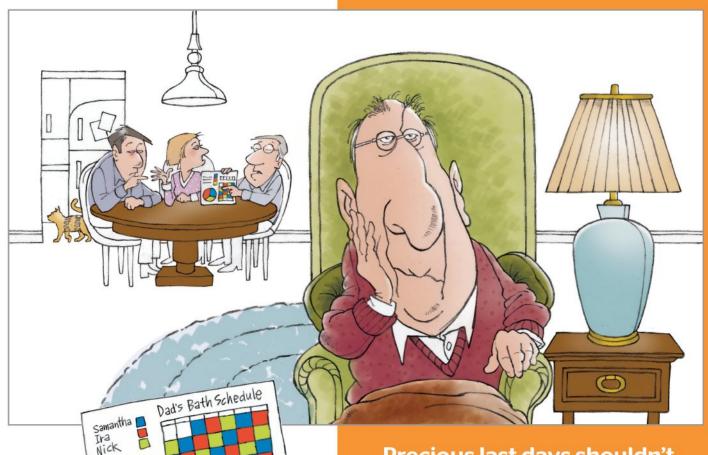
Chris is one of the most remarkable people I have ever known, so it's an honor to do anything with him. In addition, he believes in culinary training at community colleges. And so he's very supportive of seeing this remarkable job that they do. He uses people from culinary programs like MCC's. They're getting trained for real kitchens in real restaurants. I think both of us are very attached to community colleges in general and what they do. In terms of mission, we just think that's fantastic.

Do you have any personal connection to the community college system?

I don't, but I have a personal connection to scholarship money. When I was young, at 14, both of my parents died. I received scholarship money from the American Association of University Women. I didn't think I was going to be able to go to school, because what was I going to do? I was just absolutely baffled, and that money meant the world to me. I remember it to this minute what it was like to find out that these people — who were they? — they were giving me this money. They didn't really know me, they looked at my stuff and said, well, "Her parents have died, she needs this money to go to school." And without knowing me, they were saying "we encourage you." It was remarkable and I will never forget it.

MICHAEL LEE-MURPHY





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COURTESY OF ADVENTURE ROOMS IN MIDDLETOWN

BY ERIK OFGANG

On the surface it seems like a disturbing trend. Over the last few years all across Connecticut, groups of people have been locked inside oddly decorated rooms and have had to work together to solve puzzles and mind games in order to escape.

But people have not been forced into these rooms. They've paid for the increasingly popular privilege. They're called escape, or adventure, rooms. Today, regardless of where in Connecticut you call home, there is likely an escape room within a relatively short drive.

The practice originated in Asia, and spread to Western Europe and the West Coast before sprouting up across the country. Participants have 60 minutes to solve missions which often have a spy or Indiana Jones-esque theme. The rooms themselves offer the clues guests need to complete the mission, and the practice has been likened to playing a real-life, puzzlebased video game. Sometimes there are small prizes offered for completing the mission within 60 minutes. But more often than not, you're playing for bragging rights and personal satisfaction.

There is some debate over the terms "escape rooms" and "adventure rooms," as some argue the former can be off-putting and intimidating. Regardless of what

you call them, they offer family-friendly entertainment and a chance to flex your mental muscles. Below we look at many of the businesses in the state offering this experience.

Adventure Rooms

Middletown

One of Connecticut's original adventure/ escape room businesses, Adventure Rooms has been open since 2014. It features two versions of an escape room popularized in Switzerland, as well as additional rooms and adventures for repeat customers. Reservations must be made in advance, and guests sign up as a team and are not paired with strangers. As promotional information for the venue boasts, Adventures Rooms in Middletown features "team-oriented private event spaces offering heart racing, down-to-the-wire, 'Wow!' inducing experiences."

860-358-9130, myadventurerooms.com

Pursue The Clues

Torrington

There's an emphasis on fun and adventure at this Torrington establishment that will soon feature a total of six different adventures on-site, in addition to various pop-up games the business brings to special events, such as weddings and fundraisers. "Each of our games is built

in-house, and each centers around a story giving the players a unique mission that must be accomplished in order to win," owner Vince Laliberte says. "We don't do escape themes, as in we don't lock players in a room and tell them they need to find clues to get out. We give them an hour to complete a mission."

860-618-5811, pursuetheclues.com

Escape New Haven

New Haven

"You and your team are trapped; you have 60 minutes to escape a room by solving a series of puzzles that will challenge your mind and confound your senses," reads the description at this Elm City escape room. "Explore, adapt, work together, think creatively — and you just might succeed." There are three different rooms guests can choose from, and they can be booked along with other guests, or groups of eight or more can opt for a private booking.

860-576-9997, escapenewhaven.com

Complexity, A Puzzling Adventure

Farmington

"Complexity puzzle rooms are family friendly, and are great for a group of friends and co-workers," says owner Michelle Weathers. "Our rooms set the theme, and focus is on the puzzles and team communication. We do private bookings, so players are not in with people they don't know." As of this writing, three rooms were available, with a new room coming soon. Weathers adds, in addition to the Farmington space, "We've developed a puzzle activity for large corporate teams wanting to emphasize team-building, that we take to off-site locations."

860-409-7009, complexityrooms.com

The Ultimate Escape

Norwich

At this escape room, all groups are private, so there's no pairing with strangers. "The reason for that is to keep the escape room as a team-building, family-bonding experience," says owner Chris Thompson. The website describes the two game rooms currently available as "a hybrid of a scavenger hunt and a puzzle game," and proclaims, "the trial is timed and teamwork is essential. Success, failure, bonding are inevitable — escape is not!" 860-503-8910, theultimateescape.net

Team vs. Time

Berlin

Billed as the "room escape for the room-escape enthusiasts," the adventure room

boasts an experience that includes "live action, full sound and set design" and a "one-of-a-kind, immersive escape-game experience." Four different adventures are featured. Guests will not be paired with strangers. The minimum number for a team is two people, while the maximum is five to eight people.

860-259-6167, teamvstime.com

Mystified

Mystic

Shelly Wilson says this escape room has a unique approach. "Mystified sets itself apart by creating a steampunk ambiance and offering character game attendance — in Victorian steampunk costumes, no less! We pride ourselves on providing the personal touch to our games, offering clues in person, not by computer monitors, etc. We offer three game rooms, each targeting different ability levels," she says. Mystified's newest game room will open in mid-April and will be fully wheelchair accessible.

860-245-5136, mystifiedct.com

Escape 101

Danbury

"An adventure will unfold as you watch the seconds tick by," boasts this Danbury Escape Room. "Your mission is simple: escape the room as quickly as possible. Our game rooms are thoughtfully designed to offer an immersive experience with unexpected twists." Currently, Escape 101 has four rooms featuring 112 locks and 324 puzzles, but changes to the rooms are planned for the future.

203-616-5777, esc101.com

Trap't Escape Room AdventuresStamford

If being "trapped" in a room and racing against the clock to find clues and solve increasingly difficult puzzles sounds kind of, well, stressful, this might be the escape room for you. The emphasis here is more on the fun than the challenge of the experience. "We strive to have all of our games be logical, and stress team success over creating really hard-to-complete rooms," says Stuart Bogaty, CEO of Trap't. "Most escape rooms advertise, and are very proud of, low escape rates. We are very proud to give unlimited hints to get the majority of people to complete our games."

203-569-0011, traptct.com

Game of Rooms

Danbury

The rooms at Game of Rooms — one of Danbury's two adventure-room venues — change every few months and often have a horror theme. In early March, the three room options were "Carnivale" with a haunted-carnival theme, "Coven" with a haunted-cabin theme, and "Outbreak" with a science theme.

475-323-8108, gameofroomsct.com

Panic Room

Norwalk

The plot of each adventure room is a point of pride at Panic Room in Norwalk. "Our rooms combine elements of team building, brain busting and psychological training, blended with an incredible plot that will leave you fully immersed in the experience," states its website. "Unlike traditional room-escape games, our participants have a mission objective in each storyline where they will be constantly challenged by sophisticated puzzles and devilishly clever clues along the way."

203-987-2647, panicroomct.com

Puzzle Theory

South Windsor

Puzzle Theory is billed as a "Connecticut escape room that offers an interactive experience, one where you and your group are thrust into a thematic and sometimesabsurd story for 60 minutes." Three rooms are featured, but the plots of the rooms are linked, and those who wish to play each room are advised to play in a certain order, an unusual feature that's great for serious adventure-room enthusiasts.

860-925-6800, puzzletheory.co



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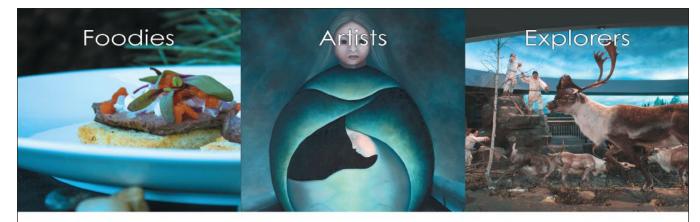
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Women's Theater Festival Proclaims: 'We're Here'

BY MICHAEL LEE-MURPHY

One could argue that theater, by virtue of the physicality of the bodies needed to perform it, is the most political of art forms. By its very definition, theater is immediate and visceral. It is also fleeting and effervescent, because unlike recorded sound or video, you can't take it with you. Theater is nothing if not present. There are few theater outfits in the state of Connecticut that are as present as the HartBeat Ensemble.

The theater commissions original work, and, more often than not, productions at the HartBeat are set in Connecticut, with drama framed around the lives people lead here.

At the end of this month and into the first weekend of May, HartBeat is putting on a series of plays written and directed by local women, in its first Women's Theater Festival, which the theater has impishly branded WTF. Playwright and HartBeat co-founder Julia Rosenblatt says the goal of the festival is to center the experience of women, as the numbers of women directors and playwrights are still shockingly low in the theater world.

For Aurelia Clunie, who is writing the play Lest We Forget with Vanessa Butler, the writing process has elements of the physical. The process is, she says, "sculpting away the bits and pieces of clay until you find the sculpture that's living inside of it." Unlike sculpture, though, "this is living and breathing," she says. Lest We Forget, according to a release, addresses the questions of: "What do I do with this black body, with this legacy, with these stories — in today's world?" The play, Clunie says, is in flux, because the world continues to encroach upon the writing process, and conversations around police violence have taken on a renewed energy and coalesced into the Black Lives Matter movement in recent years.

The play grew out of conversations between Butler and Clunie, who are both black women from the Midwest, but with family roots — and stories — in the South. The sometimes-overlapping and sometimes-divergent family histories of both women grew into a play that seeks to have conversations and exchanges that stretch across generations.

For Cindy Martinez, her play Pegao is also about conversations across generations



Vanessa Butler. Cindy Martinez Julia Rosenblatt and Aurelia Clunie, WTF playwrights whose works will be performed.

rice at the bottom of the pot that must be sacrificed to produce the rest of the rice, Pegao takes a high-stakes domino game in the southeastern Puerto Rican city of Humacao in 1971. There is a grandmother trying to pass on the skill of dominoes to a younger generation. Woven into the narrative are themes of migration to American cities like Hartford, U.S. military presence on the nearby island of Vieques, prejudice against dark-skinned people within families, and the forced sterilization of Puerto Rican women. With any conversation that stretches across generations in emigrant societies, there are tensions about leaving and staying, about language, about the cultural influence of the mainland or the metropole.

That both Lest We Forget and Pegao deal with themes of remembering and intergenerational exchange comes as a happy surprise to Clunie and Martinez. Martinez, who in an earlier HartBeat season co-wrote a play about sex work and sex trafficking on the Berlin Turnpike, says the recent tensions in the political climate have "set a fire" for her, especially as it relates to the topic of migration. The fact that Puerto Ricans cannot vote in U.S. presidential elections, despite living in a U.S.-controlled territory, has provoked a more intense examination of the relationship between Puerto Rico and the mainland. "You're part of us, but you can't vote. ... I can't give you a dollar, but you're part of us," she says, referencing the recent Puerto Rican bankruptcy crisis. In February, the Hartford-born Martinez, who has family in Puerto Rico, went on a research trip and was shocked by the new prevalence of American franchises on the island.

HartBeat co-founder Julia Rosenblatt's

play Group! (working title) closes out the festival, and is set across several weeks in the women's group-therapy session of a Hartford-area intensive outpatient clinic, where the characters are all struggling with varying forms of addiction. Rosenblatt's play will incorporate a level of original music, while not quite reaching the level of musical theater. She prefers to call her work "a play with music," which she says allows the narrative to drive the music, rather than vice versa.

While addiction is the reason Rosenblatt's six women find themselves together, Rosenblatt says she is not trying to make any kind of explicit statement about addiction. Rather, the play asks questions about healing, trauma and the Connecticut health care system. It asks questions of "how women can come in seemingly from a pretty opposite place, and where they find connection and intersection, and where they don't." In the play, Rosenblatt calls the role of the health care system — and the budget cuts to programs that fund the poor and addicted — "the mountain behind the mountain." There is the mountain of addiction to overcome, but also the mountain of Connecticut's health care system standing behind it.

Asked if there was any theme that united all three plays, Clunie was succinct. "We're here."

Women's Theater Festival (WTF)

Pegao — April 21-22, 7:30 p.m. Lest We Forget — April 28-29, 7:30 p.m. Group! (working title) — May 5-6, 7:30 p.m. 360 Farmington Ave., Hartford

Tickets: \$15 general admission, \$10 students, seniors and Let's Go! Arts members (\$35 and \$25 for series subscription)

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UZOO Unleashed

HARTFORD RAPPERS LOOKING TO PUT CONNECTICUT HIP-HOP ON THE MAP

BY MICHAEL LEE-MURPHY

In 1995, André 3000 — one half of Outkast, the critically acclaimed, adventurous, genre-changing Atlanta hip-hop duo — got up on stage to accept the award for Best New Rap Group at The Source Awards. His short acceptance speech would reverberate throughout the hip-hop world, and arguably change its direction. "The South got something to say. *That's* all I got to say," he said. His declaration of Southern validity was an act of brash defiance at a time when the two hip-hop metropolises of New York and Los Angeles, and the violent conflict between them, dominated what was seen to be profitable and important within the hip-hop art form.

Hartford hip-hop supergroup UZOO can relate. Stuck between the two poles of Boston and New York, the group (with a roster that fluctuates between 12 and 16 members), believes Hartford has something to say. (They hail from a constellation of towns around Hartford — Windsor, East Hartford, New Britain, as well as the city itself.) Of course, UZOO also has something to say, and they are saying it ferociously. Amid the flurry of material released since last summer — an 18-song mixtape, a nine-minute single split across three different tracks, videos and a bevy of raucous, wild live shows — it can be disorienting and difficult to fully comprehend what UZOO means to the Connecticut hip-hop scene. UZOO is a consortium of preternaturally talented young rappers and musicians, who tell distinctly Hartford stories with a fury and a confidence that few local musicians have, at any stage of a career.



Four members of UZOO, from left, CrissB.Amazing, Jaden Castro, Sloth and Ty-Hookz. PHOTO BY MICHAEL LEE-MURPHY

The group's first single — a July offering in the hip-hop format known as a posse cut (it has rhymes from 10 different rappers) — is less a single than a declaration of war. "Stone cold assassins trained in guerilla war tactics. / Let me break it down for you, if you ain't get the synapsis / before you know it, out the blue, take you right off this atlas," UZOO member Ty-Hookz (Tyshawn Hooks) raps on the track. In an interview that convened nine of the UZOO members at a diner in East Hartford, Jobo (Jordan Bowen) explains the first single: "We just really had to hit hard," he says. Through an explosion of material released within the last year, UZOO doesn't do anything other

than hit hard.

On their debut mixtape, UZOO traverses a broad spectrum of hip-hop's iterations. There are subgroups within the larger collective — circles within circles. Frank Polumbo, aka Sloth, and Jaden Castro comprise Funk Gero, both rappers displaying a dazzling lyrical acuity, replete with nerd references to after-school cartoons. "Electrons and neutrons reloaded, / Porygon and Megatron can't decode it," Castro raps on "Funky Flow." CrissB. Amazing (Christopher Bell) and Ty-Hookz form AQMNI — the group name is an Outkast reference — and bring a certain world-weary, sage introspection. One of the best tracks on the mixtage, AQMNI's "I Do What I Want" is a party anthem, an ode to intoxication — but specifically to the intoxication one uses to numb the pain. Qusharia Perry, the group's only female member, is a folk singer, and her song on the mixtage is a moment to pause, and exhale.

While the Do Not Feed the Animals mixtape is a cobbling together of existing songs as a showcase of UZOO's talent, May will see the release of UZOO's first album, with a distinct curation and concept.

One of the central and defining challenges for a rapper is to be able to express oneself across a number of different emotional registers. Across contemplation, joy and nihilistic rage, a rapper must be



able to sound convincing in all of them. To do so properly requires a delicate balance of lyrical agility, creativity, vocal tone and rhyming cadence. The ability separates weak rappers from powerful ones. Each member of the sprawling UZOO crew approaches the task differently. In classic UZOO form, the collective members riff off one another, building on an idea that one has put out, deepening the thought, expanding it in a manner similar to their creative process.

In speaking about the different energies with which UZOO members come at their art, Ty-Hookz starts. "One perspective is from the shooter's perspective, one perspective is from the guy getting shot at," he says. "One perspective is from the people seeing it go down," Joey Batts (real name Battaglia) says. "And one perspective is from the teacher who didn't see that student again," Michael Detelj says. "One perspective is from the people cleaning it up," adds Batts. "One perspective is from the people that don't care," Perry concludes.

Why so many perspectives? "That's the ecosystem of the zoo. ... We want to be in larger realms of environments, and bigger biomes, and bigger stratospheres," Batts says.

The animals of UZOO are out of their cages, and hip-hop fans need to look out. uzoo.bandcamp.com





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- The Tenors
- 17 Under The Streetlamp As seen on PBS!







- 18 Paul Anka Celebrating 60 Years of Hits -His Way
- 21 Ben Vereen

JUNE

- **Paula Poundstone**
- **27 The Gipsy Kings**

IULY

16 Peter Yarrow & Noel Paul Stookey of Peter, Paul and Mary

AUGUST 20 Chris Botti





Revisiting Saigon

It's been many years since Lea Salonga was chosen at the age of 17 to play the title role in Miss Saigon, which played London and then Broadway from 1991 to 2001. Since then, the Tony Award-winning actress has starred in numerous musicals in New York, on tour and around the world, including her native Philippines. On April 2 she will perform in concert at Ridgefield Playhouse.

What are her thoughts on the justopened revival of Miss Saigon on Broadway?

"I was talking to [producer] Cameron Mackintosh recently and he said, 'Darling, when you started out you were fully formed," says Salonga, laughing during a phone chat from the Philippines, where she lives. (She also has a home in the U.S.)

"It's great that the show is coming back — and at the same theater — so a new generation of actors have a chance to sink their teeth into it," says Salonga, 46.

As for her recent projects, she is especially proud of Allegiance, which was filmed during its Broadway run last year and recently shown in cinema houses (and no doubt will eventually be available on DVD). That musical, by Los Angeles-born George Takei, best known as Sulu on the original Star Trek TV series, was based on his Japanese-American family's experiences when they were placed in an internment camp in Arkansas during World War II.

"The internment was a result of unreasonable, unfounded fear, and looking back on it after so many years, it's easy for us to say it could never happen again. Then we're looking at the president and saying, "Oh, no, it's happening to another group of people, also based on the same irrational fear."

ridgefieldplayhouse.org



Lea Salonga RJ PRODUCTIONS

NEW YORK CONNECTIONS

Has there ever been a New York theater season so full of Connecticut talent? As the Tony Awards deadline fast approaches this month, many of the contenders for the coveted trophy have the "Made in Connecticut" stamp.

Opening this month is Paula Vogel's *Indecent*, which had its world premiere at Yale Rep in 2015. Surveying the competition, it's likely that the show will nab at least a best play nomination. (And a pity there wasn't a category for best ensemble). The musical Anastasia, which had its premiere at Hartford Stage last year, also opens this month after some tinkering, but the race this season is much headier than the time a few years back when the theater transferred A Gentleman's Guide to Love & Murder, which not only received an armful of nominations but the big win.

Earlier this season, Holiday Inn, which was fashioned at East Haddam's Goodspeed Opera House, had a healthy run, but it's a crowded field for new musicals and it isn't seen as a leading contender. Old Lyme's Sue Frost is lead producer for the musical Come From Away, and that ensemble show has some solid buzz to it. Also, Bloomfield's Jessica Hecht stars along with Danny DeVito, Mark Ruffalo and Yale School of Drama grad ('80) Tony Shalhoub in the revival of Arthur Miller's The Price.

Off-Broadway will see James Bundy again directing Samuel Beckett's *Happy* Days, starring Dianne Wiest, in May. (The production played the Rep last year.) Also on the off-Broadway boards is Jen Silverman's The Moors, which had its world premiere at Yale Rep last year. It's a different production but still features some of the leading actors from the Rep show.



Beneath the Gavel Courtesy of Bated Breath theatre

AUCTION ACTION

Mara Lieberman has brought her Hartford-based Bated Breath Theatre Company to New York's 98-seat, off-Broadway 59E59 Theatre with the immersive, physical theater piece Beneath the Gavel about art auctions, inspired by the experiences of Christie's and Sotheby's art auction veteran Barbara Strongin. The show plays through April 9.

The piece, which Lieberman wrote and directed, was done last year at the New Britain Museum of American Art, but Lieberman says she is excited that it can now benefit from professional theater elements to enhance the experience.

As audience members enter the theater.

some are given paddles and "money" to bid for art works as the performers around them bring various roles to life: deeppocket collectors, art dealers, artists, critics and auctioneers.

"The show looks at the creation of a painting from conception to sale," says Lieberman, who earlier in her career worked with innovative theater director Anne Bogart.

It's all in good fun — and good art, too, she says. Interactive entertainment "comes out of artists asking the question, 'How do we attract audiences?' Just always doing it the same old way ain't going to cut it."

batedbreaththeatre.org

STRIKING A CHORD

He has killer good looks, so it's only natural P.J. Griffith is cast as one of the title characters in the musical Assassins, now playing at Yale Repertory Theatre through April 8.

Griffith, who grew up in South Windsor, has a knack for playing dark characters. He played Jett Rink (the James Dean role) in the musical Giant, the bisexual drug dealer St. Jimmy in the Green Day musical American *Idiot*, and in *Assassins* he plays Leon Czolgosz, the American

anarchist and unemployed factory worker who assassinated President William McKinley in 1901 at Buffalo's Pan-American Exposition.

"We auditioned in September and we knew no matter how the election turned out, half of the country was going to be disillusioned because their candidate didn't win," says Griffith. "Whether it be Trump supporters or the Occupy Wall Street crowd, it's going to strike a chord."

The show is set in a nebulous world called "Nightmaricana," says Griffith, who adds that director James Bundy has his own dark creative take on the Stephen Sondheim-John Weidman show.



P.J. Griffith

By the way, it's the first time the Rep has done anything by Sondheim since The Frogs more than 40 years ago. Sondheim, a Beinecke fellow, is expected to give a public "lecture/ conversation" during the run.

And speaking of Sondheim, I had a visit at the Manhattan home of playwright David Ives, who is collaborating with Sondheim, 87, on the composer's latest. The show, based on two films by Luis Buñuel, is expected to open at The Public Theatre in the fall. And the title? None yet. Ives says he suggested Bon Appétit, but Sondheim told him no hit show ever had a title in another language. Er ... Les Misérables? yalerep.org

DID YOU KNOW...?

... Glenn Close, who is receiving raves for her performance in the revival of Sunset Boulevard, was born and raised in Greenwich?

... that a few Hartt School grads are doing well in New York? Phillip Boykin is in the Broadway revival of Sunday in the Park with George with Jake Gyllenhaal, and Marin Ireland stars in off-Broadway's On the Exhale.

... that Justin Paul, who grew up in Westport, is having a splendid season? He co-wrote the score (with Benj Pasek) to the Broadway hit Dear Evan Hansen, and the songwriting team just won an Oscar for their lyrics for the tunes in La La Land. (The music is by Justin Hurwitz.)

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.



The Best Credit Card For Your Money?

It's time for some tips on credit cards, home-energy savings and that pesky battery life for all your power-hungry devices:

Q: The Chase Sapphire Reserve was probably the hottest credit card of 2016. I didn't bite because of the steep annual fee (\$450). Now one of the top perks has been cut in half. Did I miss the boat on this one? What's in your wallet?

A: Not the Chase Sapphire Reserve (creditcards.chase.com/a1/sapphire/reserve), but it's still an attractive card for people who can afford it and manage the risk.

"Clearly," says WalletHub analyst Jill Gonzalez, "the benefits outweigh the annual fee."

WalletHub (wallethub.com) even named it one of the best cards of 2017. But what about after Chase reduced the sign-up bonus in mid-January to 50,000 points from 100,000?

Still yes, says Gonzalez. You still have to spend \$4,000 in the first three months to get the bonus, but it can be redeemed for \$750 in travel booked through Chase or a \$500 credit statement. And the \$450 annual fee doesn't look so bad after the annual \$300 travel statement credit.

"The bonus is currently one of the best on the market," says Gonzalez, "plus you earn three points per \$1 spent on travel and dining at restaurants as well as \$1 on everything else."

The original sign-up bonus of 100,000 Chase Ultimate Rewards Points — worth up to \$1,500 when redeemed for travel booked through Chase — proved so attractive last year that the card reduced Chase's fourth-quarter profit by up to \$300 million.

The payoff for Chase comes when people keep the card, use it and pay interest on charges. Chase last year ultimately dissuaded "churners" who sign up, get the rewards and then drop the card by invoking the "5/24 rule," denying approval to any applicant who had opened five or more bank cards in the past two years.

This year, the card that isn't even plastic (it's a metallic alloy) still looks like a keeper.

"The average person," says Gonzalez, "would earn roughly \$2,482 in net rewards value over the first two years of having a Sapphire Reserve Card account."

Q: I'm an 84-year-old who loves her iPad Air 2. But I apparently have more endurance than the iPad — its battery

D. BARRETT

This photo provided by JPMorgan Chase shows a likeness of the bank's newest credit card, the Chase Sapphire Reserve. It has become the hottest credit card on the market after being available only two weeks

Right: The 30000 mAh Aukey PB-T11.

always seems to run down. I don't sit near an outlet, so I need an external battery to get me through the day. What should I get?

A: No matter how much manufacturers brag about the battery life of their mobile devices, users still want more. Before buying an external battery, or power bank, check the size of your device's battery. (It's measured in milliamp hours, or mAh.)

The iPad Air 2's battery, at 7340 mAh, is actually smaller than the iPad Air's (8600 mAh), but Apple says each lasts about 10 hours. It might last 10 hours when new, but it won't withstand many months of your daily browsing/streaming marathons.

Now that you know the battery's size, you'll know where to start with a power bank. But keep in mind that, because of its own power consumption, a power bank actually holds up to 25 percent less than its listed power.

The CONNsumer recently auditioned one of the world's monster power banks, the 30000 mAh Aukey PB-T11 (\$49.99 at amazon.com), a 20-ounce brick built more like an external hard drive. Even at a worst-case 75 percent efficiency, this powerhouse could fully charge your iPad three times. It also has of-the-moment features like Qualcomm's Quick Charge 3.0 (for Android devices) and the latest USB, Type-C.

If you'd rather spend \$30 on a power bank, expect 10000 to 17000 mAh. For a

little more money, you'll never have to question your power bank's endurance.

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That rebate, and most of the others, are now available when you purchase the unit — the program is phasing out mail-in rebates.

"We've found this approach to work much better," says Nick Jones, an energyefficiency consultant at Eversource, "because customers don't have to fill out paperwork to receive an incentive. It makes the process much easier for everyone."

Other rebates available: up to \$750 on a natural gas boiler, \$600 on a heat-pump water heater, \$500 on an air-source heat pump and \$500 on a ductless minisplit heating and air conditioning system.

Why not get the energy assessment? The program is funded by all Eversource, United Illuminating, Connecticut Natural Gas and Southern Connecticut Gas customers — that includes you — with a mandatory contribution on each month's bill. You pay an additional \$124 for the assessment, which includes sealing air leaks throughout your home, LED bulbs, water-saving showerheads, wrapping hot water pipes and a report on your house's energy efficiency.

Get one and maybe next year your furnace won't have to work so hard.

Information: Call the Home Energy Solutions program at 877-947-3873 or visit the Energize CT website (energizeCT.com).

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THE STATE IS WORKING TO DETERMINE JUST HOW QUICKLY ITS WATERS ARE RISING. MEANWHILE, OUR SURVEY OF COASTAL CITIES AND TOWNS SHOWS THAT SOME ALREADY HAVE PLANS IN PLACE TO DEAL WITH LOSS OF SHORELINE AND MORE INTENSE STORMS. OTHER MUNICIPALITIES ARE SCRAMBLING TO CATCH UP.

INTRODUCTION BY ERIK OFGANG | SURVEY REPORTING BY ERIK OFGANG, ANNA BISARO, MICHAEL LEE-MURPHY, SAM NORTON, KATHLEEN SCHASSLER AND ALBERT YURAVICH

onnecticut's coastline is changing. The Nature Conservancy estimates the state will lose 24,000 acres of land to sea-level rise by 2080, and in terms of insured assets, Connecticut will be more impacted than every other state except Florida.

The waters of Long Island Sound are rising. Projections range from about a foot to more than six feet by the end of the century. At the same time, the state's landmass has been gradually lowering since the retreat of the ice sheet in the last Ice Age. The result is an advancing sealine that outpaces the national average and will likely cause increased flooding in the short term, and ultimately could reshape shoreline communities and the state's economy.



"Just as waters of the oceans of the world are at higher levels, we're seeing on the Sound rising waters and warming waters and changing fish species. There are more warmer-water fish and less colder-water fish," says Dennis Schain, spokesman for the state Department of Energy and Environmental Protection. "Like many climate issues, changes along our coastline are going to be gradual. It's not something where you're going to wake up and see necessarily a profound difference from one day to the next, but gradually increasing water levels will change the coastline, will change flooding patterns, and storm-surge patterns, making them more severe. We are working to minimize disruption on our shoreline by trying to protect valuable resources and properties with sound, environmentally sustainable strategies."

The Connecticut Institute for Resilience and Climate Adaptation (CIRCA) was formed in 2014 to better help the state study and adjust to the rising sea level and other environmental issues at the local level.

According to DEEP, Connecticut's shoreline is rising by 2.58 millimeters a year, but many expect that rate to increase, though the rate at which it will increase is unclear. "We understand that sea-level rise is happening, we understand that more will happen in the future, it's just a question of how much and how fast," says Rebecca A. French, director of community engagement at CIRCA, which is based out of the University of Connecticut's Avery Point campus.

CIRCA stresses that the issues caused by rising sea levels are not decades away, French says. In fact, they are already occurring. "A larger area was impacted by the storm surge from Sandy because of the sea-level rise that we've already experienced, but Sandy could have been much worse because we didn't get much rain," French says. "If we experience the same conditions of Sandy in the year 2050, it would be even worse; a larger area would be impacted by flooding."

Shoreline communities have learned this the hard way as severe weather events like Superstorm Sandy have served as a powerful, expensive and, in some cases, terrifying reminder of how vulnerable some coastal communities are to flooding. While towns on Connecticut's coast have some form of resiliency plan in place, or are in the process of creating one, many strategies for preparing for sea-level rise are hampered by

a lack of staff resources and funding.

Denise Savageau, the director of Greenwich's Conservation Commission, says the result of rising sea levels is already visible in Greenwich, as the town has begun to see regular flooding in places where, in the past, flooding was rare. Greenwich, like other coastal communities in Connecticut, faces a unique set of obstacles when it comes to rising sea levels, says Savageau. "There's not one solution for every town. It depends on the land pattern and development pattern in every town," she says.

CIRCA researchers are working to determine how these local variables and local topography will impact sealevel rise in Connecticut. Ultimately the organization hopes to arm municipalities with very specific data as they prepare for changing sea levels. "Our goal is to provide communities with information at the scale that they're making decisions," French says. "When you're a municipal leader, you want to know things like how high does Route 146 in Branford and Guilford need to be. There are some parts of Route 146 that flood every day at high tide right now. With sea-level rise, it could be flooded all the time. So, maybe it's too expensive to elevate it to the point where it will never be flooded, but we can handle it flooding once a month, or a couple of times a year. So, how high should we elevate it? And that's very specific information."

In addition, French says it's important that residents who don't live on the coast realize the state as a whole will be impacted. "The upland communities don't have much of an appreciation for how an economic devastation from a hurricane, that might have a greater impact on the coastal areas, [also] impacts the whole state," she says. "As taxpayers we do pay when there's damage at the shoreline."

Schain says that as municipalities and the state ramp up efforts to combat rising seas, projections about the future sea level will be key. "You don't want to build new roads, new treatment plants, new parks without understanding the dynamics and what the shoreline of the future might look like," he says. He adds that Connecticut is also trying to "reduce carbon emissions to slow the pace of climate change [while] hoping that there's some national policy and international efforts in support of that. While we want to do our fair share and more in Connecticut, we can't stop climate change on our own. It needs a larger effort."

Pictured: Waves batter homes along Cosey Beach Avenue in East Haven as the storm surge from Hurricane Irene arrives on Aug. 28, 2011. This photo was taken two hours before high tide. PHOTO BY PETER CASOLINO

How are towns preparing?

Connecticut Magazine and the New Haven Register asked officials from every coastal town how they are preparing for sea-level rise. Their responses follow.

Note: Coastal map and town-specific maps on each page show six feet of sea-level rise (in purple).

Map source: State Department of Energy and Environmental Protection (ctecoapp1.uconn.edu/ctcoastalhazards/)

STRATFORD BRIDGEPORT

FAIRFIELD WESTPORT STAMFORD GREENWICH

Greenwich

The town is already seeing the effects of sea-level rise, says Denise Savageau, director of Greenwich's Conservation Commission. "Now we have flooding on a monthly basis [in places] where we never had flooding before," she says, adding

that the parking lot at Greenwich Point Park "floods during the full-moon high tide now where it didn't previously." The most at-risk section of town is Old Greenwich, which encompasses Greenwich Point Park. Because the park was long ago designated as open space, fewer homes will be affected by the rising seas than would have been otherwise, says Savageau. But, she adds Greenwich Point Park needs to be preserved because "it creates a barrier from wave action for where our residential community is."

Part of the town's sewer system is vulnerable to flooding. "Like most municipalities on the shoreline, the sewage treatment plant is in the flood zone,"

Greenwich is working to get better data on sea-level projections, to better plan and budget for the future, Savageau says.

All new Greenwich homes, or homes undergoing major renovation, must be elevated in accordance with FEMA maps guidelines, plus Greenwich requires homeowners to elevate one additional foot beyond what FEMA recommends. Some residents are even raising homes higher. "The FEMA maps are not based on sea-level rise, they're based on existing conditions, and people are concerned that the FEMA maps are going to change again. So you're starting to see people go, 'you know what, I'm going to go a little bit higher than what FEMA maps [require]," Savageau says.

Approximately 800 Greenwich homes are within the existing floodplain. Savageau says suggestions that they all be moved are not realistic, but "eventually there may be some homes that are just no longer viable."

Stamford

According to Stamford's Land Use Bureau, this shoreline city has long been taking preventive steps to combat flooding. In the late 1960s, Stamford invested \$14.5 million in a hurricane barrier that protects roughly 600 acres of land. During Superstorm Sandy, officials estimate the barrier saved the city approximately \$25 million

worth of damage. "Stamford's foresight in protecting its assets has attracted many diverse businesses including international and national headquarters of Fortune 500 companies, a top-ranked hospital, and many leading financial institutions," says Thomas Madden, Stamford's director of Economic Development.

The Nature Conservancy assisted Stamford and other southwestern Connecticut municipalities in preparing a hazard-mitigation plan for 2016 to 2021, which the city has formally adopted. In addition, the Nature Conservancy prepared a Salt Marsh Advancement Zone Assessment of Stamford in 2014. Both documents have served as a basis in coastal-resilience grant applications. The hazard-mitigation plan includes a host of recommendations for the city including a recommendation that Stamford "encourage the preservation of undeveloped lands within the 100-year flood zone with the use of open space purchase, donation or conservation easement," a strategy Stamford has vowed to implement. In addition, the plan recommended that Stamford "refine and provide usable sewer and drainage system maps to EOC [Emergency Operations Center] and emergency responders," a process that is in progress.



Darien

Darien's first selectman, Jayme Stevenson, says the "Emergency Management Department and Land Use boards keep abreast of all information on the issue of sea-level rise." She adds, "To date, we have no planned projects in Darien to specifically address sea-level rise. Our actions are limited to protecting our environmentally sensitive coastline by limiting development and where development is allowed, following all FEMA guidelines for building elevation.

"Our zoning guidelines require that all new construction within the flood zone have finished floors of at least one foot above the base flood elevation (1 foot freeboard). The challenge arises when FEMA changes these base flood elevations, which they did recently, making homes that were compliant out of compliance. National Flood Insurance program (NFIP) standards do not require the 1-foot freeboard and many communities do not apply this standard. Darien is a participant in the FEMA NFIP."

flood relief," he says. "We've also began looking at requiring coastal buffers as well as looking at the broader impacts of the coastal buffers. We do not have a comprehensive resiliency plan and have only had informal discussions with the Nature Conservancy and other outside groups about these issues. We're about to undertake an update of our Plan of Conservation and Development [a 10-year plan each municipality in Connecticut is required to complete and keep current], and I anticipate resiliency being a major theme throughout the plan. It is quite possible that the plan update will include a recommendation to conduct a city-wide

He adds, "Presently, Norwalk is not in FEMA's National Flood Insurance Program Community Rating System [CRS], but my understanding is that they were several years ago."

Westport

"Westport has been preparing for sea-level rise through its floodplain management efforts for more than 20 years," says Alicia Mozian, Westport's conservation director. "We have been gradually raising houses, buying some vulnerable floodplain properties and have been steadily conducting and installing floodplain-improvement projects. We enrolled in CRS in 1994." Mozian adds, "In addition, the Darien Planning and Zoning Commission carefully scrutinizes development within 100 feet of mean high tide."

Westport is part of the same hazard-mitigation plan for 2016 to 2021 that the Nature Conservancy helped prepare

for several southwestern Connecticut municipalities. The

resiliency plan."

dozens of recommendations in the plan included advice that Westport "adopt a Natural Hazards Awareness Week complete with public outreach activities focused on flooding and other natural hazards" and "identify properties prone to flooding that may be considered for elevation or acquisition; consider implementing as necessary or as funding becomes available." The implementation of those recommendations and others have been impeded by lack of staff and

funding resources, but Westport is making efforts to ensure they are enacted in the future.



Fairfield

The town of Fairfield is undertaking a project that will protect its most critical facility: the wastewater treatment plant, says Laura Pulie, the town's senior civil



engineer. The plan is to "harden" the plant by constructing a floodcontrol structure around the entire facility. This work will provide protection from coastal storm events and prevent the treatment

plant from being inundated with tidal flood waters that would cost hundreds of thousands of dollars to repair. Work is expected to begin by the end of 2017.

In addition to the hardening project, a microgrid, which will provide continuous power from multiple energy sources during power outages, is being designed and will be installed this year. The construction cost for these two projects combined totals over \$5 million. Major funding for these projects is being provided from U.S. Department of Housing and Urban Development's CDBG-DR program, according to Pulie.

Fairfield has also improved its ability to drain floodwater after a coastal storm event by increasing the capacity of existing culverts that will enable a large portion of the floodplain to be emptied of tidal inundations within one day compared to more than a week. This project also received 100 percent HUD funding.

The town is also involved in multiple planning studies funded through HUD's grant program, including constructing a stormwater pump station to quickly remove floodwater from both coastal and rain events. Other studies involve providing resiliency to the downtown area using green infrastructure, providing resiliency for the Riverside Drive neighborhood located from South Benson Marina at Turney Road east to the Shoreham Terrace, and engineered beaches at the town's five public beaches.

Fairfield is also partnering with multiple agencies to develop long-term plans to strengthen coastal resiliency in Fairfield and New Haven counties. These plans may include restoring and/or creating tidal marshes, constructing dunes, providing resilient corridors by elevating certain roads, constructing living shorelines and creating barrier beaches.

Fairfield's coastal flood mitigation plan and other pertinent information is available at fairfieldct.org/fecb.

Bridgeport

Scott Appleby, the city's emergency management director, says Connecticut's largest city has been monitoring sea-level rise for several years. "In this case, sea-level rise or severe coastal flooding has been a target since 2010 due to the devastating effects from that year's nor'easter, 2011 [Hurricane] Irene, and 2012 Superstorm Sandy that showed our city's vulnerabilities along the coastline and in those areas prone to extensive flooding."

Appleby says, "In addition to prevention and preparedness outreach, the city and its Emergency Management Team have worked since 2010 with many local, state and federal governmental agencies, along with

nongovernmental agencies, to learn more and prepare more to become a more resilient community. We have also achieved the NOAA National Weather Service Storm-Ready designation for our steps in preparing our community for all types of severe storms that include climate change and sea-level rising. All of this is part of our Ready Bridgeport strategy."

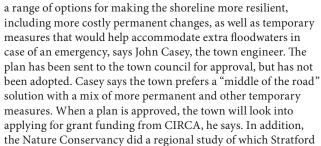
The city worked with the Nature Conservancy in developing a Climate Preparedness Assessment that was conducted in 2012. "Since then we have been working with various universities in assessing vulnerabilities and identifying ways to be better prepared educationally, but also in how to protect our critical infrastructures and our neighborhoods," Appleby says.

All these efforts do not come without a cost, but Appleby says the city is dedicated to preparation. "Infrastructure costs are definitely going to be more than the awarded post-Sandy grant of a little more than \$50 million. However, we will continue to work with the various support agencies guiding us to ensure we reach our resiliency goal and what additional costs or measures we will need to apply for through grants or invest city funding to accomplish."

Appleby says the city's All Hazards Emergency Operations Plan is continually being revised to align with the most recent recommendations the city receives, "especially in the areas of evacuation, sheltering, risk communications, severe storms and flooding. This document is activated before, during and after hazardous threats or emergencies so that the city has a measurable tool to follow as it relates to the protection of life and property."

Stratford

The town of Stratford completed a coastal-resiliency study in December 2016. The study was endorsed by the planning commission and included



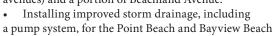
was a part, but there is currently no funding for any follow-up projects from that study.

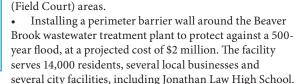


Milford

City engineer Gregory Pidluski says the city is planning several projects to address coastal resiliency:

• Raising the roadway of Milford Point Road (between First and Seaview avenues) and a portion of Beachland Avenue.





• Replenishing sand, creating dunes and reinforcing locations at Woodmont, Wildemere and Gulf beaches, Gulf Street to Welchs Point Road, Pelham Street and the revetment at Morningside Drive, which protects private residential properties and municipal infrastructure, including a pump station.

The city is also reviewing proposals for improvements behind the Margaret Egan Center on Matthews Street.

Milford is part of FEMA's Community Rating System, which saves residential and insured parties about \$160,000 each year, according to Pidluski.

West Haven

the assistance of consultant Milone & MacBroom. The city will then determine an implementation strategy for coastal resilience, according to David Killeen, assistant city planner. In addition, West Haven is involved in a study to assess the feasibility

of replacing the outfall pipe from the wastewater treatment plant into New Haven Harbor because the pipe is exposed at low tide, creating the possibility of damage to the pipe and also the risk that there may be increased pollution. Lastly, the city is working on a plan that would raise Beach Street by five feet, which would move the road out of the flood zone and allow city officials to have access to the Water Pollution Control Plant during flood events, Killeen says.

West Haven has worked with Natural Resources Conservation Services to purchase shoreline homes damaged by Sandy and demolish them. Though the city is not currently using any CIRCA funding, grant writer Eileen Krugel says West Haven is in regular contact with CIRCA about future grant opportunities. But there are plans to work with CIRCA on projects that would use dredged material to construct sand dunes, restore beaches and create other resiliency features along the coast, according to Mark Pain, assistant to the commissioner.

New Haven

New Haven is taking a greenfirst approach to coastal resiliency, saving money and providing greeninfrastructure jobs in the city, says Giovanni Zinn, city engineer.

After using Community Development Block Grant Program funds from the U.S. Department of Housing and Urban Development to complete a mathematical model of the downtown stormwater system, the city decided one of the best ways to make the system more resilient to an increase in the intensity of

precipitation — another predicted side effect of climate change - was to put in bioswales. Approximately 200 roadside bioswales are being constructed throughout the city. Bioswales look like roadside gardens and serve as natural filters for stormwater runoff. Zinn says more pumps may eventually be required to cope with

the drainage system.

Another focus is creating living shorelines, Zinn says, using natural structures such as plants, sand and limited use of rock as a way to protect the city. Targeted areas include Long Wharf Drive, East Shore Park and Morris Cove.

the need for increased capacity of

The city is working with nonprofits like the Urban Resources Initiative and Save the Sound in completing these projects, and has been partnering with DEEP, Zinn says. DEEP has helped the city do a resiliency study of the Mill River.

This spring, the city is reviewing a coastal-resilience plan being developed with



East Haven



Unlike Waterford, East Haven, which has 2.4 miles of coastline, has been accepted into FEMA's National Flood Insurance Program, says Town Engineer Kevin White.

For the past 12 months, East Haven has worked with the Nature Conservancy to identify roadways in exposed areas to elevate. "Right now, it is still a concept," White says. "There is no funding in place. We are aware of what is going on, but it comes down to dollars and cents."

After Irene and Sandy, residents near the shore started to raise their houses, White says. Now, between 75 percent and 80 percent of coastline property owners have elevated their buildings above the projected sealevel rise or are in the process of doing it.

East Haven has not yet adopted an official coastal-resilience plan, White says.



Branford

Branford partnered with other nearby coastal towns to secure a Community Development Block Disaster Recovery grant to create a coastal-resilience plan for each of the municipalities, says Janice Plaziak, Branford's town engineer. Branford adopted its plan in June.

Branford's plan helped pinpoint specific locations that can adapt to changing conditions or, at the very least, prepare for future events similar to Sandy.

Neighborhoods such as Pine Orchard, Stony Creek and Branford's downtown near Meadow Street were identified as locations that have had consistent flooding issues, not only during natural disasters such as Irene and Sandy, but also during high tides, Plaziak says.

Branford is also partnering with Guilford on a Regional Council of Governments study on Route 146, a state road that runs through both shoreline towns, to identify which areas are subject to flooding on a regular basis, Plaziak says. This study will help identify potential resilience projects the state Department of Transportation can undertake to address the flooding issues.

"From my perspective as a town engineer, things are changing," Plaziak says. "You see that high tide is now reaching the sea walls. Roads consistently being flooded that maybe would only flood during storm events are now flooding during the spring and fall high tide."

Branford was also awarded a FEMA hazard-mitigation grant to implement measures that better protect shoreline-exposed roadways. The project cost, including construction, totals \$1.2 million, Plaziak says. The town is slated to start the first phase of the project, engineering.

Branford has not applied to FEMA's National Flood Insurance Program Community Rating System.

Guilford

To ensure Guilford residents are protected from sea-level rise during regular storms, Town Engineer Jim Portley says his department has worked to elevate roads that are most prone to flooding. In years past, Portley says Old Quarry and Chaffinch Island roads were raised to increase residents' access to their homes during regular storms, not just natural disasters like

Sandy or Irene. Last year, Tuttles Point Road was also elevated, Portley says.

"We raised (Old Quarry Road) two feet at the highest point because they historically had some flooding there. We elevated Chaffinch Island Road. We were lucky enough to get a grant from FEMA and we raised that four feet to provide access to Chaffinch Island Park and Brown's Boatyard," Portley says.

However, Guilford's efforts to raise roads with flooding issues predates Sandy or Irene. "It is so difficult because the forecast of how high the water will rise over the next 25 to 50 years, the forecasts are all over the place. If there was a thought that the consensus was that the water will rise three feet, that would be great because it would give us a target to work with. But nobody has given us that," Portley says.

But a majority of homeowners, Portley says, have elevated their properties to prepare for the rise in sea levels. "Unlike a lot of communities, we don't have a lot of people at this point who have flooding in their houses. There are low-lying areas. But in a lot of areas, like Seaside Avenue, where there were a whole bunch of houses that were low, a lot of those were elevated by the property owners," Portley says.

Guilford is applying to FEMA's National Flood Insurance Program Community Rating System, Portley says.

Madison

Madison's coastline, not including the shore of Hammonasset Beach State Park, stretches across six miles.

The town's coastal-resilience plan addresses the current and future social, economic

and ecological resilience of the town's shoreline to the impacts of sealevel rise and anticipated increases in the frequency and severity of storm surge, coastal flooding and erosion.

"Madison has participated in a few planning efforts to outline actions that will help us prepare for sea-level rise and its consequences. This includes working with the Nature Conservancy to conduct hazards and community-resilience workshops, preparation of a coastal-resilience plan for the town of Madison with support of a Community

Development Block Grant Disaster Recovery, and working with the South Central Regional Council of Governments on the South Central Region Multi-Jurisdiction hazard-mitigation plan," says David Anderson, Madison's director of planning and economic development.

Madison has not introduced any new or modified zoning codes for the coastal floodplain, but Anderson says the town's floodplain regulations are currently undergoing a revision.

Clinton

Several neighborhoods in Clinton are at particular risk of rising sea levels, according to Eric Knapp, the town's zoning enforcement officer. In a pair of neighborhoods located

on the coastline, flooding from storm surge is a fairly regular occurrence. These areas of Clinton, particularly along Shore Road and the area around Uncas Road, are sandwiched between Long Island Sound to the south and salt marshes to the north, making them acutely vulnerable to flooding. "Certainly there is a lot of concern regarding what is going to happen," says Knapp. The neighborhoods are only accessible by two roads (Beach Park Road and Causeway), and both are low-lying and susceptible to flooding, which effectively seals off the area during storm conditions.

This is the first of two problems associated with this part of town.

The second, Knapp says, is a concern for private homeowners rather than municipal infrastructure. "There's already this, sort of, split between people who have the resources to raise their property to current standards, and people who don't," Knapp says. "You have, side by side, houses that are up on stilts, properly prepared for floods, and houses that are falling down."



Westbrook

The town has a hazard-mitigation plan to identify vulnerabilities, but many areas require more study, Town Planner Meg Parulis says. The town administers FEMA and NFIP requirements, but at this time has decided

not to participate in the NFIP Community Rating System. The decision, based on the town's financial resources, is "not to do more than required by FEMA," Parulis says.

The town is being strict on FEMA requirements, she says, and is in the process of updating its zoning-regulation codes to make it easier for residents to proactively raise structures.

The town hasn't restricted building along the coast, and although some taxpayers come to the town with concerns, there "doesn't seem to be the political will" to make change, Parulis says.

"We want to protect people, but we can't just raise the roads," says Parulis, an advisory board member of Connecticut Institute for Resilience and Climate Adaptation.

The town needs many engineering studies that can help push for wide-scale solutions, and avoid a property-by-property approach to solutions, she says. "When I see something appropriate for Westbrook, we'll proceed accordingly," Parulis says. "If you look at the modeling, the impact [on Westbrook] isn't as bad as it is for Old Saybrook."

Old Saybrook

When it's high tide during a full moon, with an easterly wind blowing, Old Saybrook First Selectman Carl Fortuna knows which low-lying areas in town are under water. "I know the roads that are nearly impassable" when sea levels rise, he says. Sandy's winds caused water to "pile up" because the tide

couldn't flow out to the Sound, a problem that hit Milford and Greenwich especially hard, Fortuna says.

Old Saybrook's ad hoc committees on climate change and sea level are "smack dab in the middle" of a community coastal-resilience study and infrastructure evaluation funded through a Community Development Block Grant.

The town is assessing its changing needs based on rising sea levels and is looking at a spectrum of challenges, including

roads and bridges, stormwater, historic and cultural resources, and essential and emergency services, according to Fortuna. Aside from infrastructure challenges, like the possibility of raising roads, the town also considers "the potential of people losing their homes and investments," he says.

Old Saybrook invested \$6,000 to purchase a tide gauge to monitor sealevel changes through a program of the U.S. Department of Agriculture to accumulate long-term data. The tide-gauge readings are available to the public on the town's website.

Essex

Once covering 25 acres, Thatchbed Island, which sits along the Connecticut River not far from where it empties into the Sound, now covers about eight, says Jeff Going, chairman of the town's Harbor Management Commission. In addition to Thatchbed, several other buffer islands between South Cove and the river have been affected by sea-level rise, he adds.

The commission relies on data provided by the U.S. Army Corps of Engineers, as well as hydrostatic data required to construct boat moorings and other maritime infrastructure, Going says. That data helps inform the commission about water depth in relation to fortification and restoration efforts on Thatchbed Island.

"We're in the initial stage of trying to figure out what funding is available and what actions to take," Going says of opportunities and systems to fortify or restore wetlands. "If we can save what is left of it, or restore sections and habitat eroded away, more interesting systems will come along," he adds.

The mouth of the river has an enormous amount of natural wetlands, a habitat for a diverse variety of wildlife. The wetlands are able to absorb a great deal of water and protect the town when sea levels rise during a hurricane or flood. During a hurricane, as flood levels reach six feet above high tide, that might compare to more than nine feet of water without the added absorbency of marshlands, Going says. "When there is a surge, the wave and wind action has less effect on the mainland," because of the buffer islands, says Going.

"We've seen the high-tide mark come up — nothing dramatic — but we're seeing it on very large rock areas," Going says.

Lyme

By virtue of its location along the east bank of the Connecticut River and a large amount of undeveloped marshland, what coastal area Lyme does have is mostly insulated from rising sea levels. Bernie Gigliotti, Lyme's zoning enforcement officer, writes that Lyme is "blessed in that roughly two-thirds of that boundary is undeveloped land or salt marsh either under the control of the State of Connecticut, the Nature Conservancy or the Lyme Land Conservation

Trust, precluding any future development in those areas."

Lyme also has very little infrastructure which would need to

be updated or repaired to deal with rising sea levels. According to Gigliotti, the vast majority of development in Lyme is

outside the area that would be affected by rising sea levels, and as such, there are no existing infrastructure plans or zoning changes. "There are a handful of residences and a small water-dependent commercial area (marinas) that could be affected. Future development in those areas

and renovation of existing structures is controlled under the FEMA requirements for floodplain development contained in our zoning regulations," Gigliotti writes.

Old Lyme

As with many municipalities across the state, Old Lyme is struggling with other important costs, and a state budget that seeks to transfer more liabilities to the municipal level, at the same time as cutting state aid to towns. According to Bonnie Reemsnyder, Old Lyme's first selectwoman, the list of items from the town's 2014 natural hazards-mitigation plan



has had to take a back seat to more pressing concerns like bridge and dam repairs, given fiscal constraints.

While it has not vet been

implemented or initiated, the town is exploring what zoning changes would be required to allow homeowners to construct sea walls on their property, and raise their structures. According to Reemsnyder, there isn't the sense of urgency in the town that would be needed to make swift changes. "I think there's a complacency about it, the further away we get from Storm Sandy," she says. Thus far, the town has not committed any funding to resiliency efforts.

East Lyme

The town has had extensive contact with a number of agencies, and is undertaking several projects aimed at developing the community's resilience to rising sea levels and climate change more broadly. According to Gary Goeschel, East Lyme's planning director, the town has partnered with the Nature Conservancy to put on a Community Resilience Building workshop on April 26 designed to help the community prioritize its efforts. The Nature Conservancy has also provided the town with an analysis of salt-marsh migration, along with a guide to adapting

to sea-level rise, a coastal-resilience mapping portal, and is developing a "Lower Niantic River Resilience Vision" for East Lyme as well as Waterford.

The town has applied for a \$50,000 grant from CIRCA. In an email from Goeschel, he lays out the town's proposed initiatives

• Create a new flood ordinance, which would establish a Flood Commission, made up of members from the Board of Selectmen, Zoning Commission, Planning Commission and

local professionals such as engineers, surveyors and insurance professionals to enforce the new flood-hazard regulations and oversee requests for variances from the those flood regulations.

- Develop and adopt Coastal A-Zone requirements in the proposed new flood ordinance that would allow municipal officials to increase freeboard as needed in response to newer studies by such agencies as NOAA, CT Sea Grant and CIRCA. The project will also identify adequate freeboard requirements and areas in need of increased freeboard in anticipation of sea-level rise.
- Identify projects within East Lyme that advance resiliency, such as living shorelines, the creation of conceptual design and/or construction of structures.
- Update the Geographic Information System (GIS) mapping to incorporate Coastal A-Zones, municipal wastewater infrastructure, CIRCA site suitability for living shorelines data, CIRCA combined impact river flooding and stormsurge data, and CIRCA current and future climate inland flooding data.

Waterford

Even before Irene and Sandy hit the East Coast, Waterford Planning Director Abby Piersall says the town had been taking steps to safeguard residents from rising sea levels. "The town has been more proactive and forward-looking on this issue, looking at the most responsible ways to address this problem head on and not pretend it is not going to happen," Piersall says.

Not only has the town worked with the Nature Conservancy to conduct a salt

marsh-advancement study, but Waterford also partnered with the organization and Clark University in Massachusetts to analyze residents' perceptions of sea-level rise, climate change and their willingness to pay for adaptation measures, Piersall says.

Last year, Waterford received a \$5,800 grant from CIRCA to conduct a vulnerability assessment of its sewer-pump stations that are located in the floodplain. Piersall says this gave the town a base budget for any upgrades or improvement measures needed.

"We are using that information as one small component in a bigger study we are doing now. That one is funded by the CDBG Disaster

Relief funds from Sandy and it is about a \$175,000 project," Piersall says. Through this, Piersall says the town has hired a consultant to complete sea-level rise and riverflooding models to identify any risks. "The idea here is that we would be identifying our vulnerable areas to a greater degree and also trying to add in the riverine component so we have a better sense of where our inland issues are," Piersall says.

While Waterford has not adopted a specific coastal-resilience plan, the town has updated its floodplain regulations. The town has not applied to FEMA's National Flood Insurance Program Community Rating System.

Norwich

Three rivers — the Yantic, the Shetucket and the Quinebaug flow into the city's harbor. From there, the Thames River courses south to Long Island Sound. With a great deal of river shoreline, officials



"are in the process of evaluating the impact of coastal flooding and will be developing an action plan that addresses

the immediate needs for the most severely impacted facilities," says Kenneth Scandariato, the fire chief and emergency management director. Scandariato says the city is looking at potential economic and environmental impacts, examining, in particular areas, where there are hazardous materials and marina facilities. "It's going to take some time for us to do a complete analysis, but there is a team being assembled, and we're looking at this from a global perspective as well as a local focus with the stakeholders involved," he says.

New London

Though the city does not have a specific plan for coastal management, it does address some flooding and watermanagement issues with its hazard-mitigation plan, according to City Planner Sybil Tetteh.

Over the past year, the city has partnered with CIRCA, the Nature Conservancy and participated in the 2016 Planning for Historic/Cultural Resources Coastal Resiliency conference, in conjunction with the state Department of Economic and Community Development and the Connecticut Historic Preservation Office. "We don't have a lot of (financial) resources," says Tetteh, adding that the lack of funding prohibits feasibility studies, let alone implementing solutions.

New London has a drainage problem, she says. "When it rains, flooding is expected," says Tetteh, adding that the city's "ecological layout" is a plus, reducing its exposure to sea level "surges."

> Future plans are needed to address structures in low-lying areas, such as the city's transportation hub, the main headquarters for the fire department, and Amtrak's rail line, Tetteh says.

New London is part of the Southeastern Connecticut Council on Governments, a public agency that expects to adopt a Regional Plan of Conservation and Development in May. If any money becomes available, New London will accept

all financial resources to further resilience efforts, says Tetteh, adding that the city needs to focus on stormwater infrastructure, possible funding for levies or retaining walls, and a cove-restoration project.

Montville

Due to topography, the town has minimal infrastructure and very limited residential development which could be affected by sea level, says Town Planner Marcia Vlaun. Even so, Montville, which



lies on the western bank of the Thames River, has adopted all necessary flood-hazard regulations and is in full compliance with FEMA's National Flood Insurance Program, according to Vlaun. Flooding occurs primarily from interior streams and brooks. Infrastructure is being gradually constructed, including the replacement of old, undersized culverts, to address those issues. The town has also been working with the Southeastern Connecticut Council of Governments to update its hazard-

mitigation plan, which should be in place this spring.

Groton

The town's Plan of Conservation and Development addresses vulnerable areas and strategies to address sea-level rise, and officials are

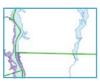
in the process of updating the hazard-mitigation plan, according to Planning Director Jonathan Reiner. Groton is working with the Nature Conservancy on a mapping tool to identify at-risk areas along the coast, and with the University of Connecticut



on a climate-change project to gain a better understanding of increased precipitation rates and their impacts, Reiner says. The Department of Public Works has identified some of its infrastructure that is susceptible to flooding, and is taking steps to address the sites.

Ledyard

A portion of the town, including the village of Gales Ferry, is along the eastern shore of the Thames River. But much of the residential infrastructure that lines the coast is elevated



above railroad tracks, says Mayor Michael Finkelstein, who adds there are little to no plans for any building projects along the coast beyond existing structures. Working with the Nature Conservancy, the town is in the process of creating a Southeastern Connecticut

Regional Resilience Vision and Guidebook. One focus of the document, which is in its final draft stage, is a look at the threat of storm surge to infrastructure, Finkelstein says.

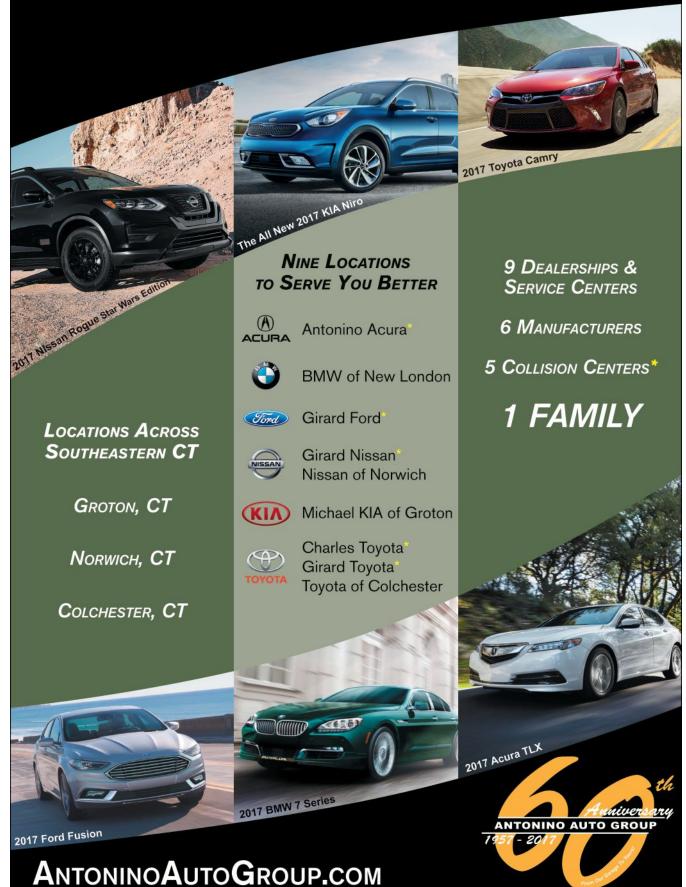


Stonington

The town is creating a coastal-resiliency plan, which is expected to be completed by the end of September, according to Town Planner Keith Byrnes. The plan is funded through a \$150,000 grant from the Community Development Block Grant Program. "Planning is especially important in Stonington due

to our historic villages, which are directly in the floodplain and subject to sea-level rise," Byrnes says. Stonington was dropped from FEMA's National Flood Insurance Program Community Rating System in the past couple of years, but is hopeful it can rejoin the program later this year, Byrnes says.

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GOLEGIOUS COLLEGIOUS AND ADDRESS OF THE COLLEGIOUS AND ADDRESS OF

BY ERIK OFGANG, MICHAEL LEE-MURPHY AND ALBERT YURAVICH

THERE IS A MAGIC WORD THAT makes any experience that much more enjoyable: FREE.

Whether it's free food, free tickets, free admission or even free parking, there is something wonderful about not having to pay a fee. Because of this, and because we know budgets are still tight in general, we've compiled a list of the state's most enjoyable attractions that come with a price tag of \$0. From world-class museums to concerts and performing arts events to spectacular hikes and nature preserves, there's plenty to do without having to reach for your wallet. As you browse this list, remember, whether a particular activity appeals to you or not, the price is oh-so-very right.

MUSEUM OF CONNECTICUT HISTORY

Hartford

Located in the historic and splendidly restored 1910 State
Library and Supreme Court building across the street from the
State Capitol, this small but enlightening museum highlights
the roots of our state's government, military and industry.
Scan the many portraits of the state's governors in the main
Memorial Hall, and look over the original 1662 Royal Charter
at the far end. Other historical documents include the 1639
Fundamental Orders, and the 1818 and 1964 State Constitutions.
Other collections include Colt firearms, featuring one of the best
assemblages of early prototypes, factory models and experimental
firearms in the world; Connecticut artifacts from wars through
the centuries; some of the rarest currency, coins and medals to be
found anywhere; and Freedom Trail quilts, telling the AfricanAmerican story of Connecticut.

860-757-6535, museumofcthistory.org



ELIZABETH PARK ROSE GARDENS

Hartford

Elizabeth Park is a true gem, a gorgeous, grand park in a particularly extravagant area along the Hartford-West Hartford border. In keeping with the theme of roses in Connecticut (see Community, page 24), at the heart of the park is America's oldest public rose garden, opened in 1904. Equipped with the proper mindset, it is possible to imagine yourself strolling around the gardens of the palace of Versailles, such is the almost-royal feeling of the gardens. There are some 15,000 rose bushes here, with 800 different varieties of roses, arrayed in formations that convey a sense of splendor. You don't have to be royalty to enjoy it, though.

860-231-9443, elizabethparkct.org



J. ROBERT DONNELLY **HUSKY HERITAGE** SPORTS MUSEUM

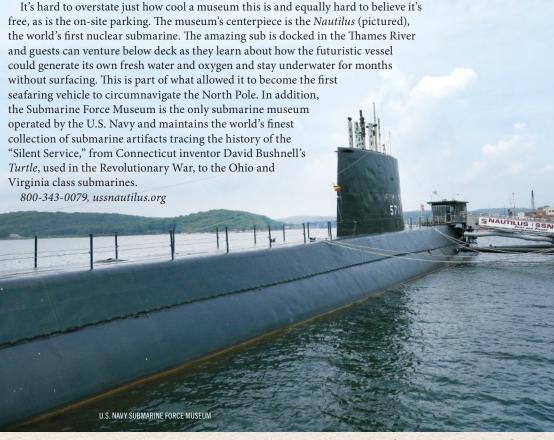
Storrs

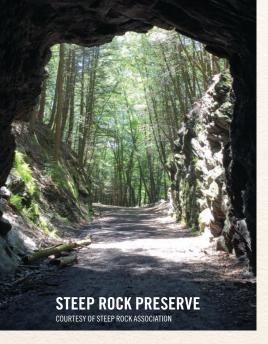
We love the Huskies. you love the Huskies. Since the Whalers left 20 years ago this month, the Huskies are undoubtedly the most recognizable sports brand in the state. Storrs — "the basketball capital of the world" — is the Husky mecca, and the **Husky Heritage Sports** Museum is Huskydom's shrine. Game-worn jerseys, shoes and various types of memorabilia from across all UConn athletics (not just basketball) fill the museum. Worship at the temple, with tributes to high priests Lobo, Auriemma, Calhoun and Ollie.

860-486-1500, uconnhuskies.com/trads/ museum

SUBMARINE FORCE LIBRARY & MUSEUM

Groton





STEEP ROCK PRESERVE

Washington Depot

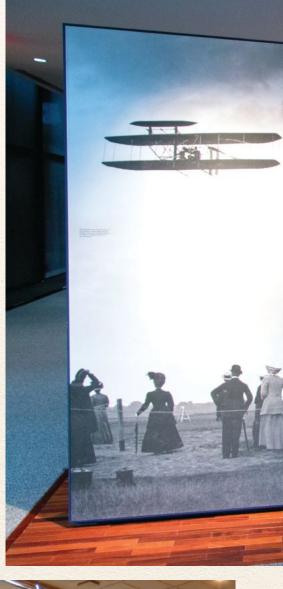
A 974-acre preserve, Steep Rock offers nature and hiking enthusiasts the chance to walk for free along the banks of a scenic river, trek up to a breathtaking overlook reminiscent of the views Leonardo DiCaprio had in the survival epic The Revenant, traverse the river on a suspension foot bridge and boldly walk into the cavernous darkness of a former railway tunnel. The tunnel cuts dramatically through the side of a ridge, creating an opening that looks like King Kong's lair (no more movie references, we promise). The Steep Rock preserve is part of the Steep Rock Association, a land trust which oversees other nearby preserves and a total of 2,700 acres. 860-868-9131, steeprockassoc.org

YALE PEABODY MUSEUM OF NATURAL HISTORY

New Haven

Those who are under 3 years old, are Peabody members or have a Yale ID can enjoy this top-shelf museum for free any time. The rest of us need to visit the museum between 2 and 5 p.m. on Thursday afternoons from September through June. That's when "admission is free but donations are encouraged." Once inside, guests will enjoy one of history's most influential museums and research organizations and see why it's known as "the Sistine Chapel of evolution." The institution celebrated its 150th anniversary last year. During that time it has helped shape humanity's understanding of the world. The museum's centerpiece is The Great Hall of Dinosaurs, a breathtaking room featuring a mounted skeleton of a Brontosaurus. Nearby are the reconstructed skeletons of Camarasaurus, Stegosaurus and Camptosaurus. The hall is also home to Rudolph Zallinger's famous mural *The Age of Reptiles*. But the Peabody is not resting on its considerable laurels. Last year it opened its multimillion-dollar gem hall, designed to be one of the globe's pre-eminent gem-gazing destinations.

203-432-5050, peabody.yale.edu







TARRYWILE PARK

Danbury

If you don't have plenty of images to post on Instagram after a visit here, you're just not trying hard enough. This 722-acre municipal park is home to 21 miles of hiking trails, two ponds, a lake and multiple picnic areas. Pretend you're in The Sound of Music and frolic through the park's sprawling fields, a

favorite spot for wedding and engagement photos, hike through wooded trails, take in the architecture of the restored Tarrywile Mansion or embark on a quest to gaze at the ruins of the Hearthstone Castle, a oncemagnificent dwelling on the park grounds, now hidden, fairy-tale style, in the forest.

203-744-3130, tarrywile.com

CONNECTICUT AUDUBON SOCIETY CENTER

Pomfret

The Connecticut Audubon Society's mission is to conserve the state's "environment through sciencebased education and advocacy focused on the state's bird populations and their habitats." This is beautifully apparent at the society's Center at Pomfret (one of several Connecticut Audubon society centers across the state). The center manages the 168-acre Trail Wood Sanctuary and the adjoining 700-acre Bafflin Sanctuary. It is a nationally recognized bird area that includes former farm fields that now provide habitats for hard-to-find grassland birds, a large beaver pond, streams and hemlock ravine. There are more than 10 miles of trails with interpretive signage and plenty of opportunities for bird watching, and it's all free.

860-928-4948, ctaudubon.org

Hartford

Built in the 1870s, the State Capitol building is one of the most stunning architectural specimens the state has to offer. Because of our tendency to associate the building with nasty things like state budgets, taxes and financial shenanigans, we perhaps overlook the majesty of the building, and its fascinating contents. Even the outside is brilliant, and one could spend hours just looking at the various statues and carvings on the outside of the gold-domed seat of state government. Guided tours of the building leave the lobby of the adjacent Legislative Office Building every weekday at 9:15, 10:15, 11:15, 12:15 and 1:15. Booklets for self-guided tours are available, too.

860-240-0222, cga.ct.gov/capitoltours





WEIR FARM NATIONAL

HISTORIC SITE

YALE CENTER FOR BRITISH ART

RICHARD CASPOLE







YALE CENTER FOR BRITISH ART AND YALE UNIVERSITY ART GALLERY

New Haven

Two world-class museums, both completely free, sit across the street from each other in the heart of downtown New Haven. The Yale Center for British Art is the largest collection of British art

anywhere outside the United Kingdom. The Yale University Art Gallery houses exquisite collections of early Italian Renaissance paintings, African art, and ancient Greek and Roman artifacts. The modern and contemporary art —

featuring the works of Rothko, Degas, Basquiat, Miró and Picasso — could, on its own, compete with the best collections in New York and Boston.

877-274-8278, britishart.yale.edu 203-432-0600, artgallery.yale.edu



CONNECTICUT COLLEGE ARBORETUM

New London

Founded in 1931, the Connecticut College Arboretum features 750 acres of diverse botanical attractions. There are three major collections to visit: the 25-acre native plant collection features more than 300 kinds of woody plants, a four-acre pond, a conifer collection, a legume collection, a wildflower garden and more; the Caroline Black Garden features an assemblage of the finest species and varieties of trees and shrubs for landscaping; and the campus collection features more than 200 different species and varieties from all over the world, combined with views of the Thames River and Long Island Sound.

860-447-1911, conncoll.edu/the-arboretum

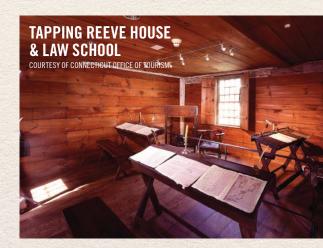
TAPPING REEVE HOUSE & LAW SCHOOL

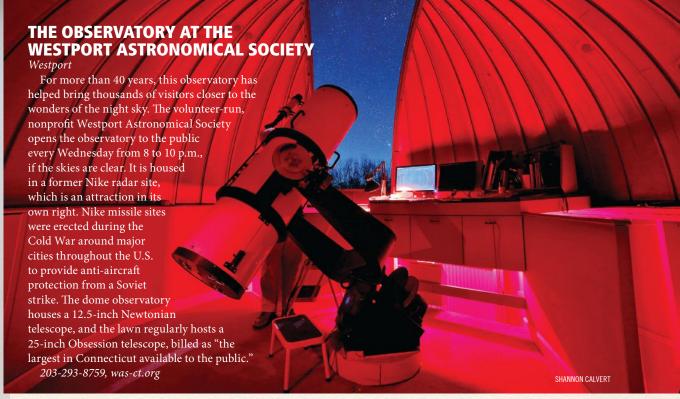
Litchfield

In 1773, the couple Tapping Reeve and Sally Burr Reeve moved to Litchfield, where Reeve established a legal practice. A year later, Sally's brother, Aaron Burr (yes, that Aaron Burr), came to live with them and learn the law profession from Reeve. Prominent residents of Litchfield also sent their sons to Reeve for legal training, ultimately establishing what became America's first formal school of law. More than 1,100 students

attended the school before it closed in 1833. Visitors today get to (almost) literally walk a mile in these students' shoes. Through role-playing, hands-on areas and interpretive exhibits, visitors are immersed in the life of students who attended the school, discovering students' stories as they try on clothes that a student might have worn, make decisions about what supplies to buy and vote on issues of the day.

860-567-4501, litchfieldhistoricalsociety.org





ELM SHAKESPEARE CO.

New Haven

To read or watch a Shakespeare play is almost to put on X-ray glasses. The dramatic — and indeed, human — themes explored in Shakespeare's plays laid the foundation for so much of the art that followed it. We even derive dozens of everyday phrases from The Bard himself. Every summer, New

Haven's Elm Shakespeare Co. brings Shakespeare — for free — to the people of the Elm City. This summer, from Aug. 17-Sept. 3, it's *Romeo and Juliet*. Director Raphael Massie says the play shows us "the effect of hate and violence, not only on those directly involved, but on the surrounding community."

203-392-8882, elmshakespeare.org

UCONN ANIMAL BARNS

Storrs

You don't have to wait for the state's big agricultural fairs to see farm animals up close. You can always make the trek up to UConn to check out dozens of Holstein and Jersey cows, sheep and horses. It's all part of the school's Department of Animal Science program. Every day in the early afternoon visitors can see dairy cows being milked at the Kellogg Dairy Center. It's not a petting zoo, though, and the folks who run the barns ask that visitors refrain from feeding the animals, as some of them are on special diets. On your way out — or on your way in and out — stop by the UConn Dairy Bar for some of the best ice cream in Connecticut.

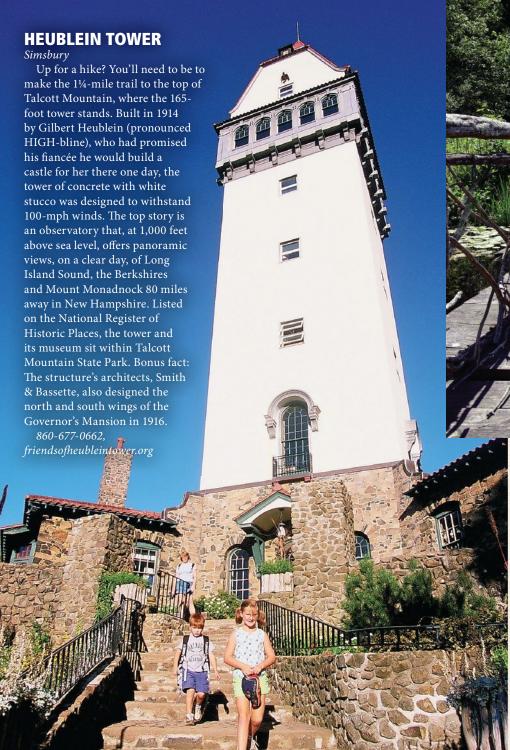
860-486-2413, animalscience. uconn.edu/visitors/tour.php



GREATER HARTFORD FESTIVAL OF JAZZ

One of the great urban parks in Connecticut, and the jewel of downtown Hartford, Bushnell Park is also home to one of the state's best music festivals every July. Bring your lawn chair, sunglasses and your good mood to listen to jazz from Hartford and beyond. This year, legendary New Orleans composer Donald Harrison headlines the Sunday of the festival from July 14-16. Founded by the late Hartford jazz stalwart Paul Brown in 1992, the festival has been attracting tens of thousands of jazz fans every summer for 25 years, making sure that our capital continues to punch above its weight in the jazz world.

hartfordjazz.org



GOVERNOR'S MANSION

Hartford

Even if you haven't stopped by, you might be familiar with the annual holiday open house held here each winter. For 26 years in a row, the residence has been festooned with holiday decorations. including wreaths, Christmas trees and seasonal plants, and the doors tossed open to allow the public to get into the holiday spirit. But you can visit the mansion year round (with an appointment). Listed on the National Register of Historic Places, the residence was built in 1909 in the Georgian Revival style and has served as the home of governors and their families since 1945. Take an hour-long guided tour of the structure's interior and outdoor sculpture garden on Tuesdays.

860-524-7324, ctvisit.com/listings/governors-residence-tours

WHITE MEMORIAL CONSERVATION CENTER

Litchfield

COURTESY OF

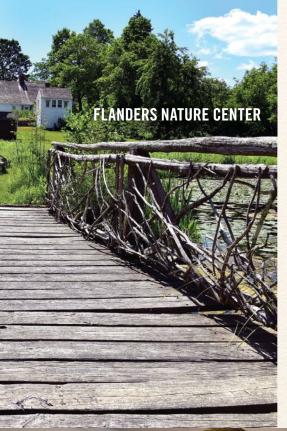
CONNECTICUT OFFICE OF

An outdoor enthusiast's paradise, these 4,000 acres of preserved forests, fields and wetlands along Bantam Lake in Litchfield and Morris offer 40 miles of trails for endless fun. Explore the property through hiking, biking, horseback riding, snowshoeing, cross-country skiing and other activities. The popular Little Pond Boardwalk Trail



includes a wooden boardwalk that traverses the woods and marshes right above the edge of the pond. Ten ponds, Bantam Lake and six miles of Bantam River are open for kayaking, canoeing, wildlife viewing and fishing. Each is different and offers stunning views. Campgrounds and a marina provide plenty of options to visitors. The center provides year-round programs for all ages, and the nature museum has exhibits on local natural history, conservation and ecology.

860-567-0857, whitememorialcc.org



FLANDERS NATURE CENTER

Woodbury

Only one part of the more than 2,000 acres owned by the Flanders Nature Center and Land Trust, this is where it all started. Named after Natalie Van Vleck, whose farm was famous for its turkeys and sheep before she donated the property for a nature center, the Van Vleck Farm and Nature Sanctuary is a haven for all those who desire a closer connection with the natural world. Navigate more than four miles of trails through pine forests, meadows, a large marsh, stone walls, streams, ponds and an orchard. Educational activities are held all over the property, including at the sugar house, where sap is boiled into maple syrup. Or learn how to make a bluebird nesting box or how to kickstart your garden in the spring. You can fill up at a pancake breakfast. After that, you might want to sign up for the Field & Forest 5K, scheduled for June 9.

203-263-3711, flandersnaturecenter.org

OSBORNEDALE STATE PARK

Derby

Occupying 417 acres on the east bank of the Housatonic River, with a small portion in Ansonia, these lands have seen silver mining in the years after the Revolutionary War, bottling of spring water, and farming operations including Holstein and Jersey cows. Today, it's a place of recreation featuring an extensive network of hiking trails, pond fishing and ice skating, and picnicking. But the history of the place can still be felt, especially at Osborndale, a Colonial Revival house listed on the National Register of Historic Places that offers tours. It was here that Frances Osborne Kellogg, a pioneering and successful businesswoman in the first half of the 20th century, lived before she willed the property to the people of Connecticut in 1956. The Kellogg Environmental Center offers educational programs.

ct.gov/deep/osbornedale

BALLARD INSTITUTE AND MUSEUM OF PUPPETRY

storrs

We profiled this interesting gem of a museum back in our February issue, in which Ballard director John Bell told us that puppetry is both "ubiquitous and invisible." It is everywhere, but we don't necessarily realize it. At the Ballard Museum, located on the University of Connecticut campus, one can learn about the curious history of puppetry, and UConn's role in developing and deepening the art form (UConn is known throughout the puppetry world, Bell says). The museum and the institute also put on free shows of cutting-edge puppetry in their theater. While tickets are usually free, the popularity of the shows means you should reserve tickets ahead of time.

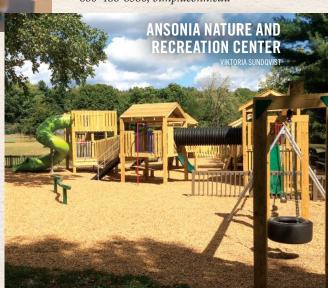
860-486-8580, bimp.uconn.edu



ANSONIA NATURE AND RECREATION CENTER

A wonderful asset of the Lower Naugatuck River Valley, the nature center experienced a rebirth last summer when local business and community leaders banded together to build a new playground over a single steamy weekend. Kids now enjoy tube slides, tire swings, a sandbox, wall towers, climbing walls and a section devoted to the youngest little ones. Encompassing 150 acres of wooded hills, grassy fields, streams and a two-acre pond, the nature center also features guided hikes every Sunday at 1 p.m. Don't call it a zoo, but there are plenty of animals here, including a bearded dragon, a ball python, a red-tail boa, various owls, a dove, a guinea pig, a domesticated rabbit, turtles, hundreds of honey bees, crayfish, walking sticks, a gecko and a tarantula. Saturdays are the time for the popular Creature Feature program, during which the center's tame animals are taken out and can be touched. Stop by for the Earth Day celebration April 29 from 10 a.m. to 4 p.m.

203-736-1053, ansonianaturecenter.org





NEW BRITAIN INDUSTRIAL MUSEUM

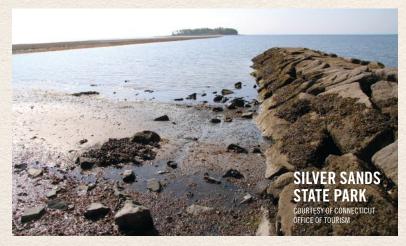
In many ways, New Britain provided the backbone of America's once-mighty manufacturing industry. As this museum's description states, "out of the blacksmith forges populating 18th-century New Britain grew five major industries that fueled daily life in America for most of the 20th century. From the lock on your front door and the key in your pocket to the appliances in your kitchen and the parts in your car, all of those things and more were either made in New Britain, contained New Britain parts or were made on a New Britain machine." The history of the "Hardware City" is honored at this museum with permanent and rotating collections. A new exhibit called We Went to the Moon With Slide Rules tells how the original slide rules, invaluable calculating machines in the pre-electronic calculator era, were manufactured in — you guessed it — New Britain.

860-832-8654, nbindustrial.org

Legend has it that Captain Kidd once set foot on Charles Island, just off the coast of Silver Sands State Park — and left a wondrous treasure behind. Try as they might, no one has ever found it. Still, beachgoers can walk out to the island at low tide on the tombolo — though be careful to leave yourself plenty of time to walk back before it's covered by water again. There's also plenty of beach for sandcastle building, laying out and swimming. If you are into watersports, Silver Sands is a

good spot, too. As for the treasure, you won't be able to look for it in the summer — the island's interior is off-limits until Aug. 31 because of heron and egret rookeries there. Admittance and parking is currently free at Silver Sands, but that might change. A \$10 million state project would add bathrooms, a concession stand, improve parking and institute a parking fee. Many residents have opposed the proposal. Only time will tell if this popular 297-acre park will remain free for all.

ct.gov/deep/silversands



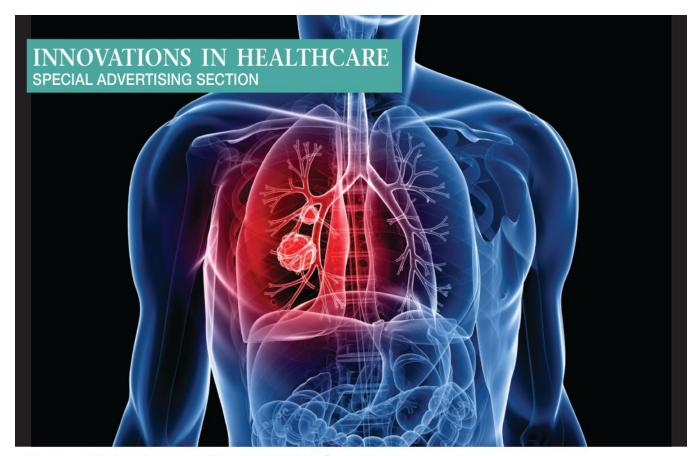
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At Western Connecticut Medical Group, our doctors truly listen and take the time to get to know you Well!



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Detecting Lung Cancer Early Makes a Difference

When it comes to lung cancer, early detection is important. However, because there are often no symptoms associated with lung cancer, there is nothing to warn us that something is wrong.

Middlesex Hospital can help.

The Hospital offers lung cancer screenings, which can help doctors find lung cancer in its early stages. The screening process takes less than 10 minutes, and the benefits are invaluable.

Middlesex Hospital recommends lung cancer screenings for anyone between the ages of 55 and 77 who currently smoke, or who quit smoking within the last 15 years.

To get a lung cancer screening, you must have a referral from your health care provider. If your doctor decides a screening is appropriate, your information will be sent to Middlesex Hospital's radiology central scheduling office and an appointment will be made.

You do not need to do anything special to prepare for a lung screening. The screening includes a low-dose lung scan, often referred to as a "CAT" scan, and it shows detailed pictures of the chest. This allows medical professionals to detect very small nodules or swellings in the lungs.

Once the lung scan is taken, a board-certified radiologist will review it. If something abnormal is found, your doctor will contact you.

Private insurance companies cover lung cancer screenings for high-risk individuals. The Centers for Medicare and Medicaid Services also cover the screenings. Some companies may require prior authorization.

Middlesex Hospital offers lung cancer screenings at the following four locations:

- Middlesex Hospital
 28 Crescent Street, Middletown, CT 06457
- Middlesex Hospital Outpatient Center
 534 Saybrook Road, Middletown, CT 06457
- Middlesex Hospital Marlborough Medical Center 12 Jones Hollow Road, Marlborough, CT 06447
- Middlesex Hospital Shoreline Medical Center 250 Flat Rock Place, Westbrook, CT 06498

To help you through the screening process, the Hospital matches you with an experienced nurse called a lung nurse navigator. The lung nurse navigator will also help you better understand a lung cancer diagnosis and will help you through your treatment plan.

Middlesex Hospital has a fantastic team of experienced health professionals, including surgical, medical and radiation oncologists, radiologists and nurses, who are waiting to help you. They use the latest treatments and technologies to treat lung cancer patients.

For more information about lung cancer screenings, contact 860-358-2066. You can also visit the Hospital's website at www.middlesexhospital.org.

The Smarter Choice for Care

MIDDLESEX HOSPITAL

THE SMARTER CHOICE FOR



We're Redefining What a Community Hospital Can Be

While other hospitals are busy merging and creating giant health systems, Middlesex Hospital is busy doing one thing: making health care better for you. That means treating patients like people, not numbers. It means investing in the most advanced technologies and recruiting the most exceptional specialists and surgeons. It means bringing world-renowned knowledge and research home to Connecticut through our collaboration with Mayo Clinic. And, above all else, it means exceeding what you may think is possible at a community hospital. Because we're not your average community hospital—we're today's *Smarter Choice for Care*.

middlesexhospital.org/today















NEW TECHNOLOGY FOR REVERSING HERNIATED AND BULGING DISCS WITHOUT DANGEROUS AND DESTRUCTIVE EPIDURAL INJECTIONS, MEDICATIONS AND SURGERY!

newenglandspineanddisc.com

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391 Boston Post Rd.

INTRODUCING Dr. Richard Carpenos, DC

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. NE Spine & Disc Healing Protocol is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our LiteCure® Laser delivers soothing, deep, penetrating, photonic energy to bring about profound physare blocked and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the

faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our LiteCure® Laser, making it a truly profound healing modality and experience!

Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these LiteCure® Lasers people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now Pain Free! I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this NE Spine and Disc Healing Protocol very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

*To everyone whose condition warrants this treatment.

**While these results are typical individual results may vary.

ADVANCED TOOLS for diagnosing and providing the best pain relief possible!

Patients cannot get a more complete exam for this treatment than that provided at NE Spine and Disc We are tooled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are tooled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly, needless surgery that often can be avoided.

TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the

fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".



In the late 1990s, Barbara H.'s substance abuse came to a head.

"My life fell apart because of my addiction," says the 61-year-old New Haven woman, who asked that her full name not be used. After attending rehab, she began treatment at the Substance Abuse Treatment Unit in New Haven that is run by the state Department of Mental Health and Addiction Services and the Department of Psychiatry of Yale University School of Medicine. There she learned about a program that treats addiction with acupuncture, a traditional Chinese medicine that involves pricking the skin with needles.

Barbara began receiving the National Acupuncture Detoxification Association protocol, which is a five-point, ear-based treatment. All these years later she is still receiving the treatment and credits it with helping her stay drug and alcohol free.

"I just came to really, really like it a lot," she says. "Almost like some people enjoy going to massage therapy." After an acupuncture session, "You feel this flush of fresh energy, and it's very uplifting. ... It's so remarkable, its effectiveness in such a clean, pure, non-invasive treatment. There are no side effects."

Since 1995, the state Department of Public Health has allowed trained acupuncture-detoxification specialists to provide the protocol to patients in substance-abuse clinics licensed by the department, or in Department of Mental Health and Addiction Services facilities. In October, a new state law went into effect eliminating the requirement that the protocol only be administered at those state-licensed addiction sites, allowing it to be used as an adjunct therapy by trained practitioners for a variety of mental health issues.

It's the latest in a long line of advances for natural and alternative medicines in Connecticut which, like much of the country, has seen an increase in these therapies. According to the latest survey conducted in 2012 by the National Center for Complementary and Integrative Health, about 59 million Americans spend money out of pocket on such health approaches, paying a total of \$30.2 billion a year, a number that does not include alternative medical treatments that are covered by insurance.

Connecticut is home to about 230 practicing naturopaths (NDs), physicians who specialize in natural treatment of disease and injury, and the state has the oldest law in the country that licenses them. It is also home to the College of Natural Medicine at the University of Bridgeport, one of only six naturopathic medical schools in the U.S., and the only one east of Chicago.

This legislative session, naturopaths and natural health enthusiasts are pushing for an update to Connecticut's existing ND law that

would allow NDs some drug-prescribing rights. Under current law, though NDs are licensed and can legally see patients and receive insurance reimbursement, they cannot prescribe controlled medication.

Natural medicine encompasses disciplines like acupuncture, herbal medicine, hydrotherapy (the use of water treatments for pain relief) and homeopathy (an alternative system of medicine that features highly diluted remedies). Nutrition and preventive medicine are key tenets of natural health, as is avoiding the unwanted natural side effects of conventional medical treatments. Natural health is also linked to less-clinical lifestyle and wellness practices such as mindfulness, meditation and yoga.

While the mainstream medical community remains skeptical of some natural-health traditions, there is growing acceptance of some of its practices, particularly the emphasis on nutrition and preventive medicine, as well as the wish to find ways of dealing with health issues such as chronic pain without relying on treatments like opioids, where there is high potential for abuse.

GREATER ACCEPTANCE

Denise M. Romano, a nurse practitioner who oversees the acupuncture program at the Substance Abuse Treatment Unit, says since the program started in the late 1990s people have grown more interested in it.

"It's an adjunct to treatment, it is not a standalone treatment, but we know that it can work," she says. "I've been a nurse practitioner for 38 years, and this is one thing I do that has so much impact on the client without me having to say a word."

Yale and Bridgeport are not the only health institutions in Connecticut with programs utilizing natural therapies. In 2004, the University of Connecticut Health Center introduced a complementary and integrative medicine program. Dr. Mary P. Guerrera, the program's director, familiarizes students at the UConn School of Medicine with the types of alternative treatments many of their patients will inevitably seek out. She also utilizes acupuncture in her own family practices, and praises many of these treatments, including the focus on nutrition, mind-body techniques that lower stress, and homeopathy, which she believes "is underappreciated as a complementary therapy."

The integrative medicine program is not the only way UConn Health has embraced alternative ways of thinking. In 2010, Brad Biskup, a physician's assistant with a background in exercise physiology and nutrition, started the lifestyle medicine program at the Pat & Jim Calhoun Cardiology Clinic. "We've always had the guidelines that you need to focus on your

diet and your exercise, but nobody really gives people the specifics of health," Biskup says. "If you look at physician training, over 80 percent of physicians don't even get one class in exercise or activity in the United States, and nutrition isn't much better. Even though we tell people they need to eat better and they should exercise, we don't train our providers."

Dr. Rick Liva has been a practicing naturopath in Connecticut since the 1980s, and is the president and legislative chairman of the Connecticut Naturopathic Physicians Association. He has witnessed this trend as well. "A whole slew of people, professionals and nonprofessionals, have really taken up the mantle or the moniker of natural medicine; medical doctors have started to do this much more," he says. "They, and we, coined the term integrative [or functional] medicine, which is designed to combine conventional medicine at its best along with natural medicine, naturopathy and so on."

But, Liva, who runs the Connecticut Center for Health in Middletown and West Hartford, says the numbers of conventional health practitioners interested in alternative treatments is still small. "When you look at the fact that there are 800,000 medical doctors in this country, there's probably less than 50,000 of them that have any bent toward integrative medicine," Liva says.

BRIDGEPORT. NATURALLY

The health clinic run by the College of Natural Medicine at the University of Bridgeport is housed in a building overlooking Long Island Sound. At the clinic, about 20,000 patients are seen each year by students and their faculty supervisors. Late on a Tuesday afternoon in February, students and faculty members at the clinic draw blood, give examinations, prescribe treatments and discuss patient cases in a manner reminiscent of a large conventional clinic.

Dr. Marcia Prenguber, dean of the College of Naturopathic Medicine, explains that while there is growing awareness of natural medicine techniques, misconceptions remain among some conventional medical practitioners.

"They think what we do is hocus pocus, and we don't do hocus pocus," Prenguber says. She adds that many "are just unsure what it is that we do, so as is human nature, people don't want to reach out to something they don't know at all. My experience has been the more I can help someone understand what we do, the more accepting they are of it."

Prenguber believes the future will see more collaboration between practitioners of natural and conventional medicine as more of the latter realize natural practitioners do not seek to replace them.

"They think we're there to take over what they're doing, and we're not there to do that, we're there to work collaboratively with them," Prenguber says.

Dr. David M. Brady, vice president for health sciences at the University of Bridgeport, agrees.

"The health care market needs it, the patients want choices," he says. "They don't want just drugs and surgery, they want more comprehensive solutions to their chronic health challenges."

IMPROVED LAWS

Naturopaths have been pushing for an expanded scope of practice in Connecticut for the past few years and will do so again this legislative session. Though they do not have prescribing rights in the state, they are trained in prescribing drugs and have prescription rights in many West Coast states, as well as other New England states such as New Hampshire and Vermont. NDs argue they would like limited prescription rights so they can wean patients off unnecessary medications, and prescribe drugs such as an antibiotic when a patient is suffering from an acute infection or other ailment where prescription drugs are deemed necessary.

Liva says the effort has "a lot of support in the House and the Senate," but there is resistance. "Does everyone support us? Absolutely not." He adds many "MDs are lobbying so hard to prevent this from happening."

Last year the Connecticut State Medical Society opposed expanding naturopaths' scope of practice. The organization, which has more than 7,000 physician members in Connecticut, disputed that NDs are adequately trained in prescribing medications and voiced concern that NDs do not have the same residency requirements post medical school that MDs do — some NDs do residencies post medical school, many do not, while all MDs attend a residency. "There is something to be said for practice and especially for the supervised practice that is the cornerstone of medical school, internship, residency and fellowship training that physicians receive," the Connecticut State Medical Society said in a statement submitted last year to the Public Health Committee in opposition to the proposed law. "At the present time there is no equivalent educational infrastructure in naturopathic training."

Liva counters that many states have already granted NDs prescriptive rights and they enjoy "an extremely good track record in regards to malpractice and disciplinary actions." He points to New Hampshire and Vermont, both nearby states where NDs can prescribe and do so safely.

"We're asking for a limited prescriptive authority," Liva says. "Anybody who



wants to have that authority has to take a refresher pharmacology course. They have to pass an exam. They have to increase their continuing education hours. They also would have to have a collaborative relationship with an MD or DO [osteopathic doctor] or an APRN [advanced practice registered nurse] for a period of time."

Supporters of the proposed law change also say it would prevent the brain drain that occurs when students graduate from Bridgeport and then move to states that are more friendly than Connecticut to natural medicine and NDs. This is one of the reasons members of the legislature who represent Bridgeport have voiced support for the proposed law. In addition, Brady says granting NDs prescriptive authority would better position them to help fill the shortage of general practitioners in Connecticut. "The state needs providers who are more conservative, lower costs, promote wellness and provide more options for patients to be seen, and we do that."

GOVERNMENT FUNDING AND COLLABORATION

Alternative treatments receive funding at the state and federal levels. The Toivo by Advocacy Unlimited wellness center in Hartford, for example, receives much of its funding from the state Department of Mental Health and Addiction Services and also receives federal grants. The center offers acupuncture and massage, as well as a range of mind-body wellness techniques, from meditation to yoga, aimed at healing mental health problems. "We believe there should be more of a relationship model, versus the disease model that exists," says Deron Drumm, executive director of Advocacy Unlimited and founder of Toivo. "There's a lot that goes into healing; it

would be nice if it was as simple as someone takes a pill, but it's not that simple."

Nationally, the Veterans Health Administration, which oversees VA hospitals, has started to embrace alternative techniques to help veterans deal with the mental and physical scars of war without using opioid painkillers. At the Integrative Health Center at the Newington campus of the VA Connecticut Healthcare System, veterans are offered mindfulness-based yoga, and full-body and ear acupuncture for those with chronic pain and mental health issues, including post-traumatic stress disorder, depression, anxiety and insomnia. In addition, some acupuncture treatments are also offered at the VA's West Haven campus. "Veterans love these therapies," says Dr. Aysha Saeed, director of the Integrative Health Center at the Newington VA. "These [therapies] support our whole-health approach of promoting optimal health and well-being."

Guerrera, director of integrative medicine at UConn Health, expects more of these programs to become available in the future and follow in the footsteps of the VA hospitals. "I do believe [the VA] will be the folks to show the safety and efficacy outcomes of this, and it will help move our whole health care system in this direction."

The UConn School of Medicine and Bridgeport have had collaborative sessions in which the natural medicine and conventional students work in unison. "We've been working to come together and learn about what the other does and advance this whole movement of interprofessional education and interprofessional collaboration," Guerrera says. "I think we all have a lot to learn from each other and it's always a step in the right direction to begin the dialogue and look at working together."

We could go on and on about our top doctors. As you can see.

To find 299 top physicians in one place is pretty remarkable. And we're proud that these 299 are part of one remarkable health system.

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Our annual survey of top doctors in Connecticut features more than 800 peer-recommended physicians in 31 areas of specialty

2017

- 80 Allergy & Immunology
- 80 Anesthesiology
- 80 Bariatric Medicine
- 80 Cardiology
- 81 Dermatology
- 81 Endocrinology
- 81 Family Medicine
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- 81 Gastroenterology 82 Geriatric Medicine
- 82 Infectious Diseases
- 82 Internal Medicine

- 82 Nephrology
- 83 Neurology
- 83 Neurosurgery
- 84 Obstetrics & Gynecology
- 84 Oncology & Hematology
- 84 Ophthalmology
- 84 Otolaryngology
- 85 Pediatrics
- 86 Physical Medicine
- 86 Podiatry

- 86 Psychiatry
- 86 Pulmonary Medicine
- 87 Radiology
- 87 Rheumatology
- 88 Surgery: Colorectal
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- 88 Surgery: Thoracic
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The complete list of Top Docs: pages 80-89

Doctors' Profiles (Special Advertising Section): pages 91-127 Photos by Wayne Dombkowski • Profiles by Sherry Shameer Cohen

HOW THE DOCTORS WERE CHOSEN

We sent more than 5,000 questionnaires to Connecticut doctors, asking them to recommend a doctor (other than themselves) to whom they would send a loved one for expert medical care. In this year's survey, the focus was on eight specialties: anesthesiology, obstetrics & gynecology, oncology & hematology, otolaryngology, physical medicine, radiology, rheumatology and colorectal surgery. The top vote-getters in those categories made the Top Docs listings, along with all those doctors in other specialties who finished at the top of our surveys from the years 2014-16. We've done our best to update all the doctors' information along the way. **Note:** Doctors do not pay to make this list: only the doctors most frequently recommended by their peers are listed as Top Docs.

The result is 811 doctors in 31 specialties, in all the result of more than 15,000 questionnaires sent out over a four-year period. With such a wide array of specialties covered, this issue of Connecticut Magazine makes a very good place to begin your search for medical help.

As always, it needs to be said that every physician who makes the list is a good one, or at least a recommended one, but not every good physician in the state necessarily makes the list. Because of that, we suggest you use this list as a reference, not the final word. You must ultimately do your own due diligence and decide which doctor is right for you or your loved one.

Visit connecticutmag.com/topdocs to search the complete listing of Top Docs by location and specialty.

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800 Howard Ave... New Haven 203-785-4143

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19 Woodland St., Hartford 860-246-7273

PAUL S. LINDNER

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MARK D. LITCHMAN

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9 Washington Ave., Hamden 203-281-6811

AGNES MATCZUK 2 1/2 Deerfield Drive, Greenwich

203-869-2080 **JEFFREY S. MILLER**

538 Litchfield St., Torrington 860-496-1790

SONNEL J. PATRICK

475 Chase Pkwy., Waterbury 203-755-8715

CHRISTOPHER RANDOLPH

1389 West Main St., Waterbury 203-755-7080

MELVYN RANISH

475 Chase Pkwy., Waterbury 203-755-8715

JOSEPH F. SPROVIERO

148 East Ave., Norwalk 203-838-4034

PRASAD SRINIVASAN

300 Hehron Ave Glastonbury 860-659-8904

ANESTHESIOLOGY

CRAIG BONANNI

282 Washington St., Hartford 860-545-2117

EARL BUENO

64 Robbins St., Waterbury 203-573-6124

RAYMOND L. CLEMENT

64 Robbins St., Waterbury 203-573-6124

ADAM D. GOLDSTEIN

326 Washington St., Norwich 860-823-6395

SUDHIR KADIAN 365 Montauk Ave., New London

860-442-0711

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65 Memorial Road West Hartford 860-696-2840

THOMAS MARTIN

99 E. River Drive, Fast Hartford 860-545-2117

NEIL PETERSEN

433 Highland Drive, Waterbury 203-573-6124

PAUL A. PUDIMAT

326 Washington St., Norwich 860-823-6395

LLOYD R. SABERSKI

150 Sargent Drive, New Haven 203-624-4208

JOHN TIERNAN

99 E. River Drive, Fast Hartford 860-972-2117

ROXANNE ZARMSKY

114 Woodland St., Hartford 860-714-6654

BARIATRIC MEDICINE

JONATHAN ARANOW

400 Saybrook Road, Middletown 860-347-9167

JAMES BONHEUR

32 Strawberry Hill Court, Stamford 203-327-4444

LAURA CHOI

111 Osborne St., Danbury 203-739-7131

ANDREW DUFFY

40 Temple St., New Haven

203-785-6060 TIMOTHY EHRLICH

115 Technology Drive, Trumbull 203-899-0744

CRAIG FLOCH

148 East Ave., Norwalk 203-899-0744

NEIL FLOCH

148 East Ave., Norwalk 203-899-0744

GEOFFREY NADZAM

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330 Western Blvd., Glastonbury 860-246-2071

DARREN TISHLER

85 Seymour St., Hartford 860-246-2071

MARK TOUSIGNANT 2800 Tamarack Ave., South Windsor

860-533-4692 **KEITH ZUCCALA**

111 Osborne St., Danbury 203-739-7131

CARDIOLOGY

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1305 Post Road, Fairfield 203-292-2000

JON C. GAUDIO 492 Montauk Ave... New London 860-443-0282

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DAVID P. LORENZ

40 Cross St., Norwalk 203-845-2160

JAY L. MEIZLISH

1305 Post Road, Fairfield 203-292-2000

JOSEPH P. MORLEY

1075 Chase Pkwy., Waterbury 203-575-1992

SANDIP K. MUKHERJEE

325 Boston Post Road, **Orange** 203-891-2140

THOMAS J. NERO

1177 Summer St., Stamford 203-353-1133

BRIAN D. POLLACK

25 Germantown Road, Danbury 203-794-0090

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1075 Chase Pkwy., Waterbury 203-575-1992

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1305 Post Road, Fairfield 203-292-2000

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761 Main Ave., Norwalk 203-810-4151

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203-790-7585

ROBERT J. **PATRIGNELLI**

17 Church Hill Road. Trumbull 203-261-0800

JENNIFER W.

PENNOYER 47 Jolley Drive, Bloomfield 860-243-3020

DEBRA L.

PRUZAN-CLAIN 1290 Summer St., Stamford 203-325-3576

BARRY RICHTER 5 Durham Road, Guilford

203-453-6166

MARTI ROTHE 21 South Road, Farmington

860-679-4600

BRUCE STROBER

21 South Road, Farmington 860-679-4600

KALMAN L. WATSKY

330 Orchard St., New Haven

203-789-4045

DEBRAS. WEISSMAN

40 Cross St., Norwalk 203-847-1500

RAND WERBITT

1290 Summer St., Stamford 203-325-2345

ERIC R. WOLF

495 Route 184, Groton 860-449-9090

ENDOCRINOLOGY

MARY E. ARDEN-CORDONE

1275 Summer St., Stamford 203-359-2444

DANIELLE P. BENAVIV-MESKIN

112 Quarry Road, Trumbull 203-371-7048

EGILS K. **BOGDANOVICS**

780 Litchfield St., Torrington 860-496-2198

THOMAS C. GNIADEK

1389 W. Main St., Waterbury 203-755-7711

PHILIP A. GOLDBERG

6 Business Park Drive, Branford 203-488-5885

ELIZABETH H. HOLT

S. Frontage Road & Park St., New Haven 203-200-3636

SILVIO E. INZUCCHI

S. Frontage Road & Park St., New Haven 203-200-3636

PAUL T. LABINSON

100 Retreat Ave., Hartford 860-547-1278

R. PRESTON LAMBERTON

194 Howard St., New London 860-444-3366

M. NATHAN LASSMAN

1000 Asylum Ave., Hartford 860-247-2137

CARL MALCHOFF 263 Farmington Ave., Farmington

860-679-3245

ADAM B. MAYERSON 20 York St., New Haven

203-688-4242 JOEL M. MILLER

6 Northwestern Drive. Bloomfield 860-242-6633

BISMRUTA MISRA

292 Long Ridge Road, Stamford 203-276-7213

ROBERT M. **OBERSTEIN**

100 Retreat Ave., Hartford 860-547-1278

ANTONIO PANTALEO

1275 Summer St., Stamford 203-359-2444

GLENN M. RICH

15 Corporate Drive, Trumbull 203-459-5100

NOEL I. ROBIN

30 Shelburne Road. Stamford 203-325-7485

ROBERT R. SAVINO

25 Germantown Road Danbury 203-794-5620

DEBRA H. SCHUSSHEIM

761 Main Ave., Norwalk 203-838-4000

GLENN M. SIEGEL

761 Main Ave., Norwalk 203-838-4000

PAMELA TAXEL

263 Farmington Ave., Farmington 860-679-7692

LINDA S. WERNER

3180 Main St., Bridgeport 203-372-7200

KAIH. YANG

1952 Whitney Ave, New Haven 203-777-6730

FAMILY MEDICINE

RODRIGO ACOSTA

32 Strawberry Hill Court, Stamford 203-977-2566

JAMES K. AHERN

77 Danbury Road, Ridgefield 203-431-6342

BRENDA APPLEGATE

91 Voluntown Road, Pawcatuck

860-599-5477

TIMOTHY BOOKAS 761 Main Ave., Norwalk 203-838-4000

TIMOTHY J. BUCKLEY 415 Killingworth Road, Higganum

860-345-8535 DOMENIC W.

CASABLANCA 4 Corporate Drive, Shelton 203-225-0375

THOMAS V. CIGNO

10 South St., Ridgefield 203-244-7848

MICHAEL CONNOLLY

2900 Main St., Stratford 203-378-3080

ROBERT A. CUSHMAN 99 Woodland St., Hartford 860-714-4212

DREW J. EDWARDS 115 Waterbury Road, Prospect 203-758-5660

CAROL-ANN V. GALBAN

77 Danbury Road, Ridgefield 203-431-6342

DAVID R. HOWLETT

13 Church Road, East Granby 860-653-4526

STEVEN JOHNSON

4 Shaws Cove, New London 860-443-3778

MICHAEL J. KALINOWSKI

415 Killingworth Road, Higganum 860-345-8535

ANGELO MALLOZZI

32 Strawberry Hill Court, Stamford 203-977-2566

DANIEL B. NOVAK

400 Saybrook Road, Middletown 860-346-7738

EUGENE ORIENTALE

99 Woodland St., Hartford 860-714-4212

BRADLEY L.

ROSENBERG 333 Kennedy Drive, Torrington 860-496-4043

JOHN SVOGUN 194 South Ave., New Canaan 203-966-8079

OTTO G. WEIS 595 Main St., Portland 860-342-7100

GASTROENTEROLOGY

860-886-2655

ABERA ABAY 79 Wawecus St., Norwich

SIDNEY T. BOGARDUS

40 Temple St., New Haven 203-777-0304

MYRON H. BRAND 40 Temple St., New Haven

JOSEPH A. CAPPA 300 Western Blvd.. Glastonbury

203-777-0304

860-657-1920

DAVID CHALETSKY 85 Seymour St., Hartford 860-246-2571

JACK CHUONG

229 Montowese St., Branford 203-481-0315

ROBERT M. DETTMER

32 Strawberry Hill Court, Stamford 203-348-5355

THOMAS FELDMAN

21 South Road, Farmington 860-409-4567

JOSEPH J. FIORITO

111 Osborne St., Danbury 203-739-7038

JEFFREY S. GELWAN

300 Western Blvd., Glastonbury 860-657-1920

MICHAEL GOLIOTO

85 Seymour St., Hartford 860-246-2571

ALAN J. GREENWALD

268 Montauk Ave., New London 860-442-8553

WILLIAM B. HALE

30 Stevens St., Norwalk 203-852-2278

DAVID HASS

40 Commerce Park, Milford 203-281-4463

MARTIN HOFFMAN

1000 Asylum Ave., Hartford 860-522-1171

JEFFREY S. HYAMS 282 Washington St., Hartford 860-545-9560

CHRISTOPHER ILLICK 229 Montowese St., Branford

203-481-0315

SARAH A. KAHN 32 Strawberry Hill Court, Stamford

203-348-5355

AJIT KOKKAT 132 Mansfield Ave., Willimantic

860-423-3299

WANG C. LAM 888 White Plains Road. Trumbull

203-459-4451

KENNETH R. MAUER 425 Post Road, Fairfield 203-292-9000

DENNIS M. MEIGHAN 30 Stevens St., Norwalk

203-852-2278 JEFFRY L. NESTLER

85 Seymour St., Hartford 860-246-2571

GEORGE S. OUELLETTE 234 Bank St., New London 860-442-0290

CAROL A. PETRUFF 44 Dale Road, Avon 860-674-8830

JEFFREY SALEK 79 Wawecus St., Norwich 860-886-2655

YOU SUNG SANG

105 Wawecus St., Norwich 860-859-9061 MICHAEL SCHIFFMAN

111 Osborne St., Danbury

203-739-7038

MICHAEL SELDEN

85 Seymour St., Hartford 860-246-2571

PAUL A. SHAPIRO

6 Northwestern Drive, Bloomfield 860-243-5600

KOLALA SRIDHAR

105 Wawecus St., Norwich 860-859-9061

RICHARD I. STONE

580 Cottage Grove Road, Bloomfield 860-242-5580

MARK B. TAYLOR

2200 Whitney Ave., Hamden 203-281-4463

BRIAN M. VAN LINDA

44 Dale Road, Avon 860-674-8830

SHRIK. VERMA

391 Ocean Ave. New London 860-447-2489

STUART WALDSTREICHER

778 Long Ridge Road, Stamford 203-967-2100

STRICK J. WOODS

2660 Main St., Bridgeport 203-333-3328

ANTHONY ZALDONIS

19 Woodland St., Hartford 860-549-4600

FELICE R. ZWAS

500 West Putnam Ave., Greenwich 203-863-2900

GERIATRIC MEDICINE

VIVIAN ARGENTO

95 Armory Road, Stratford 203-384-3388

PATRICK P. COLL

263 Farmington Ave., Farmington 860-679-4548

LEO M. COONEY JR.

874 Howard Ave., New Haven 203-688-2204

ROBERT S. DICKS

40 Loeffler Road, Bloomfield 860-380-5150

PAMELA B. HOFFMAN

2800 Main St., Bridgeport 203-576-5710

HERBERT J. KEATING III

6 Northwestern Drive, Bloomfield 860-242-6297

ANNE M. KENNY

263 Farmington Ave., Farmington 860-679-8400

LIONEL S.H. LIM

67 Maple Ave., Derby 203-732-7328

CASEY K. OTT

22 Old Waterbury Road, Southbury 203-262-4200

ANDREA SCHAFFNER

147 Westbrook Road, Essex 860-767-8265

MYRA L. SKLUTH

87 East Ave., Norwalk 203-866-4455

MARY E. TINETTI

874 Howard Ave., New Haven 203-688-6361

INFECTIOUS DISEASES

KENNETH ABRIOLA

300 Hebron Ave., Glastonbury 860-657-0764

STEVEN I. ARONIN

140 Grandview Ave., Waterbury 203-574-4187

NICHOLAS BENNETT

282 Washington St., Hartford 860-545-9490

PAUL DEUTSCH

86 New London Tpke., Norwich 860-889-6967

HENRY FEDER JR.

282 Washington St., Hartford 860-545-9490

MARJORIE P. GOLDEN

1450 Chapel St., New Haven 203-785-4140

MICHAEL T. LAWLOR

100 Retreat Ave., Hartford 860-246-2351

GAVIN X. McLEOD

166 W. Broad St., Stamford 203-353-1427

GORAN MILJKOVIC

2890 Main St., Stratford 203-383-4466

PAUL NEE

27 Hospital Ave., Danbury 203-739-7413

MICHAEL PARRY 166 W. Broad St., Stamford 203-353-1427

JO-ANNE PASSALACQUA

2150 Black Rock Tpke., Fairfield 203-384-0451

PAOLO A. PINO 40 Cross St., Norwalk

203-845-4823

RICHARD OUINTILIANI

100 Retreat Ave., Hartford 860-246-2351

MICHAEL RAJKUMAR 112 Lafayette St., Norwich

860-886-8545 **JACK W. ROSS**

80 Seymour St., Hartford 860-545-2878

JAMES R. SABETTA 5 Perryridge Road, Greenwich

203-863-3270

JUAN C. SALAZAR 282 Washington St., Hartford 860-545-9000

ZANE SAUL

2890 Main St., Stratford 203-383-4466

GARY S. SCHLEITER

27 Hospital Ave., Danbury 203-739-7413

MICHAEL F. SIMMS

56 Franklin St., Waterbury 203-709-6402

CHERYL A. SMITH

114 Woodland St., Hartford 860-714-4903

ARTHUR D. YEE

40 Cross St., Norwalk 203-845-4823

INTERNAL MEDICINE

ROBERT A. ALTBAUM

333 Post Road W., Westport 203-226-0731

JAMES J. BIVONA

1275 Summer St., Stamford 203-325-2667

STEPHEN E. BRYANT

52 Peck Road, Torrington 860-489-6899

JAY V. D'ORSO

21 South St., Ridgefield 203-438-6541

DAVID J. DELUCIA

134 Grandview Ave., Waterbury 203-756-7788

JILL G. DENOWITZ

333 Post Road W., Westport 203-226-0731

ROBERT D. DRESDNER

333 Post Road W., Westport 203-226-0731

PETER J. ELLIS

800 Howard Ave., New Haven 203-785-7411

MATTHEW S. ELLMAN

800 Howard Ave., New Haven 203-785-7411

SERLE M. EPSTEIN

6 Woodland Road, Madison 203-245-7959

STEVEN A. FISHER

15 Corporate Drive, Trumbull 203-459-5100

STUART S. GENSER

631 South Quaker Lane, West Hartford 860-233-5133

MAHESH N. KABADI

12 Case St., Norwich 860-889-8950

GEORGIA A. KELLEY

100 Broadway, North Haven 203-234-1891

SHERRY L. KROLL

320 Pomfret St., Putnam 860-928-6541

PETER G. LEVINSON

1625 Straits Tpke., Middlebury 203-758-8107

TED E. LISTOKIN

945 Summer St., Stamford 203-327-9321

KATHERINE C. McKENZIE

800 Howard Ave., New Haven 203-785-4711

DENIS J. MILLER

500 E. Main St., Branford 203-481-5665

JOHN D. PAPANDREA

41 N. Main St., West Hartford 860-313-0448

DAVID J. PIZZUTO

1211 West Main St., Waterbury 203-756-6148

HECTOR R. PUN

203-488-6358

203-272-7251

134 Grandview Ave., Waterbury 203-756-7788

JOSEPH L. QUARANTA 960 Main St., Branford

REMI M. ROSENBERG 5 High Ridge Park, Stamford

203-276-4644

JAMES SARFEH 422 Highland Ave., Cheshire

JACK A. SCHMETTERLING 336 N. Main St., West Hartford 860-232-4891

CRAIG D. SERIN

195 Danbury Road, Wilton 203-762-3353

FREDERICK B. SLOGOFF

5 High Ridge Park, Stamford 203-968-9500

FRANK SPANO

15 Corporate Drive, Trumbull 203-459-5100

MAURA L. SPARKS

396 Danbury Road, Wilton 203-276-4015

PETER C. TORTORA 1300 Post Road, Fairfield

203-255-8827 JOSEPH TORTORELLO 112 Quarry Road, Trumbull

203-374-6162

MICHAEL C. TRAGER 385 Main St. S., Southbury

203-264-3319

NEIL WASSERMAN 300 Kensington Ave., New Britain

860-832-8150

ROBERT L. WENICK 2 Elizabeth St., Bethel 203-791-2221

NEPHROLOGY

NANCY ADAMS

263 Farmington Ave., Farmington 860-535-6232

ERIC BROWN

30 Commerce Road, Stamford 203-324-7666

BRENDA CHAN

30 Commerce Road, Stamford 203-324-7666

MARC A. CIAMPI 140 Grandview Ave., Waterbury

203-597-9733

JOHN D'AVELLA 85 Seymour St., Hartford 860-241-0700

AARON M. DOMMU

900 Madison Ave., Bridgeport 203-335-0195

IRWIN FEINTZEIG

900 Madison Ave., Bridgeport 203-335-0195

MITCHELL A. FOGEL

900 Madison Ave., Bridgeport 203-335-0195

RICHARD GERVASI

40 Cross St., Norwalk 203-845-4800

JONI HANSSON

136 Sherman Ave., New Haven 203-787-0117

WILLIAM HINES

30 Commerce Road, Stamford 203-324-7666

WILLIAM A. HUNT

900 Madison Ave., Bridgeport 203-335-0195

JEFFREY LAUT 85 Seymour St., Hartford 860-241-0700

CLAUDIO MILITE

281 Hartford Tpke., Vernon 860-872-8563

MICHAEL MOUSTAKAKIS

701 Cottage Grove Road, Bloomfield 860-769-9866

PAUL NUSSBAUM 130 Division St., Derby

203-732-7546 THOMAS C. PETER 88 Norwich-New London Tpke.,

860-367-0087

Uncasville

JARROD POST 85 Seymour St., Hartford

860-241-0700

KORY A. TRAY 85 Seymour St., Hartford 860-241-0700

PAUL WIENER 40 Cross St., Norwalk 203-845-4800

NEUROLOGY

LAWRENCE S. BLUTH 85 Seymour St., Hartford

STEPHEN R. CONWAY 85 Seymour St., Hartford

860-522-4429

860-522-4429

NEIL CULLIGAN 69 Sand Pit Road, Danbury

203-748-2551 **FRANCIS DIMARIO**

282 Washington St., Hartford 860-545-9460

ROSLYN EINBINDER 60 Temple St., New Haven

203-562-4088

MURRAY ENGEL 32 Strawberry Hill Court, Stamford 203-276-7159

JEFFREY GROSS

75 Kings Hwy. Cutoff, Fairfield 203-333-1133

M. JOSHUA HASBANI

136 Sherman Ave., New Haven 203-562-8071

KENNETH A. KAPLOVE

1579 Straits Tpke., Middlebury 203-758-8995

AMY KNORR

637 West Ave., Norwalk 203-853-5000

SUSAN R. LEVY

5 Durham Road, Guilford 203-453-2181

PETER MCALLISTER

30 Buxton Farm Road. Stamford 203-914-1900

DANIEL E. MOALLI

365 Montauk Ave., New London 860-442-0711

MARISA MORO DE CASILLAS

194 Howard St., New London 860-444-3366

MARGARET F. O'DONOGHUE

80 S. Main St., Middletown 860-358-5970

ANIS RACY

1 Towne Park Plaza, Norwich 860-886-1433

LOUISE D. RESOR

166 West Broad St., Stamford 203-276-4464

ALICE H. RUSK

25 Valley Drive, Greenwich 203-869-6446

JOSEPH L. SCHINDLER

800 Howard Ave... New Haven 203-737-1057

ISAAC E. SILVERMAN

85 Seymour St., Hartford 860-522-4429

DARYL R. STORY

637 West Ave., Norwalk 203-853-5000

JOHN P. TAURO

1 Towne Park Place, Norwich 860-886-1433

PETER B. WADE

1000 Asylum Ave., Hartford 860-522-3711

NORMAN S. WERDIGER

2 Church St. S., New Haven 203-624-7893

NEUROSURGERY

PAUL J. APOSTOLIDES 40 Valley Drive, Greenwich

RAMON A. BATSON

203-869-1145

148 East Ave., Norwalk 203-853-0003

STEPHEN CALDERON

1000 Asylum Ave., Hartford 860-522-7121

MARK H. CAMEL

40 Valley Drive, Greenwich 203-869-1145

BRUCE S. CHOZICK

1000 Asylum Ave., Hartford 860-522-7121

PHILLIP S. DICKEY

60 Temple St., New Haven 203-772-4001

MICHAEL L. DILUNA

1 Park St., New Haven 203-785-2809

PATRICK DOHERTY

50 Faire Harbour Place, New London 860-442-0564

JUDITH GORELICK

330 Bridgeport Ave., Shelton 203-755-6677

PAUL KANEV

282 Washington St., Hartford 860-545-8373

BRENDAN D. KILLORY

85 Seymour St., Hartford 860-696-2290

INAM U. KURESHI

100 Retreat Ave., Hartford 860-278-0070

DAVID A. KVAM

100 Retreat Ave., Hartford 860-278-0070

STEPHAN C. LANGE

1000 Asylum Ave., Hartford 860-522-7121

HOWARD LANTNER

1000 Asylum Ave., Hartford 860-522-7121

KENNETH I. LIPOW

267 Grant St., Bridgeport 203-384-4500

JONATHAN MARTIN

282 Washington St., Hartford 860-545-8373

ABRAHAM MINTZ

5520 Park Ave., Trumbull 203-372-6460

HILARY C. ONYIUKE

263 Farmington Ave., Farmington 860-679-6600

MICHAEL E. OPALAK

340 Capitol Ave., Bridgeport 203-336-3303

JOSPEH M. PIEPMEIER

800 Howard Ave., New Haven 203-785-2791

C. CORY ROSENSTEIN

1 Blachley Road, Stamford 203-324-3504

CAMILLE G. SALAME

1 Town Park Plaza, Norwich 860-889-8598

SCOTT SANDERSON

148 East Ave., Norwalk 203-853-0003

PAUL J. SCHWARTZ

100 Retreat Ave., Hartford 860-278-0070

S. JAVED SHAHID

67 Sand Pit Road, Danbury 203-792-2003

PERRY A. SHEAR

75 Kings Hwy. Cutoff, Fairfield 203-337-2629

SCOTT SIMON

40 Valley Drive, Greenwich 203-869-1145

JOHN G. STRUGAR

500 Chase Pkwy., Waterbury 203-755-6677

PATRICK TOMAK

230 George St., New Haven 203-781-3400

ANDREW E. WAKEFIELD

360 Bloomfield Ave., Windsor 860-688-1311

GARY A. ZIMMERMAN

267 Grant St., Bridgeport 203-384-4500

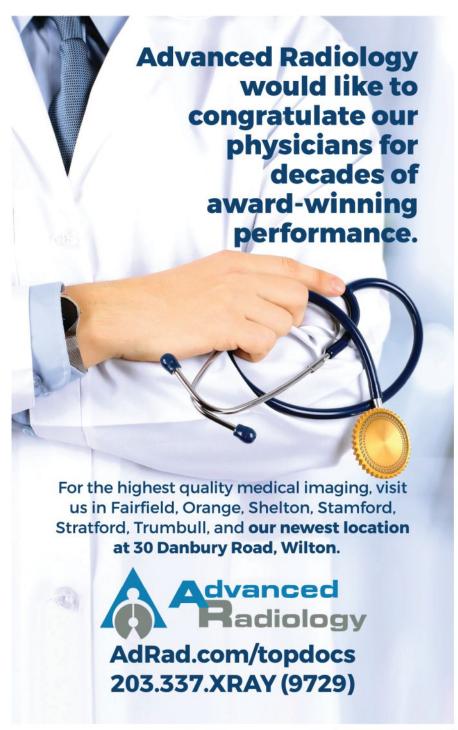
OBSTETRICS GYNECOLOGY

EMILY BLAIR

1735 Post Road, Fairfield 203-256-3990

STEPHANIE BOWERS

263 Farmington Ave., Farmington 860-523-6421



MOLLY BREWER

263 Farmington Ave., Farmington 860-679-2000

STEPHEN T. BRIGGS

17 Case St., Norwich 860-886-2461

AMY BROWN

43 Palisade Terrace, Glastonbury 860-972-4341

PATRICK CAHILL

999 Summer St., Stamford 203-353-9099

RONIKA CHOUDHARY

115 Technology Drive, Trumbull 203-268-2239

IAN M. COHEN

133 Scovill St., Waterbury 203-755-2344

FELICE D. COLLITON

100 Retreat Ave., Hartford

860-547-0306

LEAH A. DARAK 3180 Main St., Bridgeport 203-374-0404

MARIA L. ELLIS

19 Woodland St., Hartford 860-728-1212

EMILY FINE

60 Washington Ave., Hamden 203-230-2939

STEPHEN FISHMAN

19 Woodland St., Hartford 860-728-1212

STEVEN FLEISCHMAN

40 Temple St., New Haven 203-789-2011

SHIEVA GHOFRANY

999 Summer St., Stamford 203-353-9099

NEVILLE GRAHAM

330 Western Blvd., Glastonbury 860-547-0306

CLAUDIA GROGEAN

134 Grandview Ave., Waterbury 203-754-2535

PIERRE HAGE

3180 Main St., Bridgeport 203-374-0404

THOMAS HANSON

40 Temple St., New Haven 860-767-0223

JANICE HARTNETT 330 Western Blvd.,

Glastonbury 860-547-0306

SUZELLE HENDSCH 17 Case St., Norwich

860-886-2461

SALLY IRONS

540 Saybrook Road, Middletown 860-347-7491

DAVID KALLA

17 Case St., Norwich 860-887-4198

IRENE KOMARYNSKY

166 West Broad St., Stamford 203-325-9920

ODIN KUIPER

330 Western Blvd., Glastonbury 860-673-4670

ARTHUR LANDRY, III

134 Grandview Ave.. Waterbury 203-754-2535

LAWRENCE LAZOR

85 Seymour St, Hartford 860-246-4029

SUNG LEE

58 Wilton Crest, Wilton 203-739-7000

SILVIO MANDARA

27 Oak St., Stamford 203-324-2262

CRAIG McKNIGHT

425 Montauk Ave., New London 203-442-0383

MARY JANE MINKIN

40 Temple St., New Haven 203-789-2011

DAVID PARK

263 Farmington Ave., Farmington 860-679-2792

LJILJANA PLISIC

687 Main St., Branford 203-488-8306

MATTHEW L. SAIDEL

20 W. Avon Road, Avon 860-673-4670

BORIS J. SAWULA

538 Litchfield St., Torrington 860-489-1038

TIMOTHY SHARPE

309 Seaside Ave., Milford 203-878-5913

MOLLY SHIPMAN

60 Westwood Ave., Waterbury 203-573-8381

KARIANNE SILVERMAN

1000 Asylum Ave., Hartford 860-714-4440

MUSA L. SPERANZA

40 Temple St., New Haven 203-789-2011

RICHARD VISCARELLO

1275 Summer Street. Stamford 203-978-5777

ONCOLOGY & HEMATOLOGY

TODD ALEKSHUN

1260 Silas Deane Hwy., Wethersfield 860-246-6647

ANNE ANGEVINE

34 Shelburne Road, Stamford 203-325-2695

MICHAEL H. BAR

34 Shelburne Road, Stamford 203-325-2695

JOSEPH J. BOWEN

1075 Chase Pkwy., Waterbury 203-591-3077

ANCA BULGARU

330 Washington St., Norwich 860-886-8362

JESSICA CLEMENT

263 Farmington Ave., Farmington, 844-388-2666

MICHAEL K. **COHENURAM**

95 Locust Ave., Danbury 203-739-7029

MARK E. DAILEY

85 Retreat Ave., Hartford 860-249-6291

PATRICIA A. DEFUSCO

100 Retreat Ave., Hartford 860-246-6647

NEAL A. FISCHBACH

5520 Park Ave., Trumbull 203-459-0262

SCOTT GETTINGER

333 Cedar St., New Haven 203-280-5864

UPENDRA HEGDE

263 Farmington Ave., **Farmington** 860-679-2100

RICHARD HELLMAN

230 Parkway S., Waterford 860-444-3744

TIMOTHY J. HONG

85 Retreat Ave., Hartford 860-249-6291

DINESH KAPUR

330 Washington St., Norwich 860-886-8362

ANAMIKA KATOCH

1075 Chase Pkwy., Waterbury 203-755-6311

MARTIN E. KATZ

2080 Whitney Ave., Hamden 203-407-8002

IFRFMY KORTMANSKY

6 Devine St., North Haven 203-407-8002

JILL LACY

316 Ogden St., New Haven 203-785-4191

JOHANNA LASALA

240 Indian River Road **Orange** 203-795-1664

ALFRED LEE

1801 Whitney Ave., Hamden 203-737-7059

ROBERT LEVY

536 Saybrook Road, Middletown 860-358-2220

KWOK MING "STEVEN" LO

34 Shelburne Road, Stamford 203-325-2695

ZHAO LU

849 Boston Post Road, Milford 203-882-9608

STACY R. **NERENSTONE**

85 Retreat Ave., Hartford 860-249-6291

BENJAMIN NEWTON

230 Waterford Pkwy. S., Waterford 860-442-0711

SUSAN RABINOWE

114 Woodland St., Hartford 860-714-4680

ZIA RAHMAN

114 Woodland St., Hartford 860-714-4000

KERT D. SABBATH

1075 Chase Pkwy., Waterbury 203-755-6311

JOSEPH G. SINNING 1075 Chase Pkwy., Waterbury

203-591-3077

DENNIS E. SLATER 330 Washington St., Norwich 860-886-8362

JONATHAN R. SPORN

114 Woodland St., Hartford 860-714-5554

SUSAN H. **TANNENBAUM**

263 Farmington Ave., Farmington 860-679-2100

JAMFS VREDENBURGH

DAVID H. WITT

203-502-8400

114 Woodland St., Hartford 860-714-4680

5520 Park Ave., Trumbull

JIE YANG

330 Washington St., Norwich 860-886-8362

RICHARD S. ZELKOWITZ

24 Stevens St., Norwalk 203-845-4890

OPHTHALMOLOGY

SARAH R. BAROODY

33 Germantown Road, Danbury 203-790-8866

PETER J. BRANDEN

250 Indian River Road, **Orange** 203-789-2020

KEVIN CRANMER

79 Wawecus St., Norwich 860-889-5980

ALAN ECKER

11 Woodland Road, Madison 203-245-4242

PATRICIA ECKER

11 Woodland Road, Madison 203-245-4242

MICHAEL S. EHRLICH

40 Temple St., New Haven 203-785-2020

FRANCIS Y. FALCK JR.

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Orthopaedic Surgeon

Dr. Flynn is board certified and fellowship trained in joint reconstruction and sports medicine. He performs both simple and complex reconstruction of hips, knees and shoulders, including joint resurfacing.



John G. Strugar, MD

Neurosurgeon

As a board certified neurosurgeon, Dr. Strugar's areas of expertise extend to spine tumors, cervical spine disorders and head and brain trauma. Fellowship-trained in skull base surgery, gives him exceptional knowledge of intracranial injury.



Richard L. Manzo, MD

Orthopaedic Surgeon

Dr. Manzo is board certified in orthopaedic surgery and has additional fellowship training and board certification in surgery of the hand & upper extremity including microsurgery. His practice is focused on complex shoulder, hand, wrist & elbow surgery including minimally invasive arthroscopic techniques.



Judith L. Gorelick, MD

Neurosurgeon

Dr. Gorelick, board certified neurosurgeon, focuses on the comprehensive treatment of degenerative spinal conditions, as well as the treatment of brain and spinal tumors. She also has expertise in stereotactic radiosurgery for the treatment of benign and malignant diseases of the nervous system.

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KENNETH ALLEN, M.D., DUNCAN J. BELCHER, M.D., ERIC A. HYSON, M.D., FACR, MARCO VERGA, M.D.

DR. KENNETH ALLEN, DR. DUNCAN BELCHER, DR. ERIC HYSON and DR.MARCO VERGA are members of Diagnostic Radiology Associates (DRA). The practice offers a full range of diagnostic and interventional radiology services. They are affiliated with Waterbury Hospital and several imaging centers in the greater Waterbury area.

DR. ALLEN earned his degree from the University of Massachusetts Medical School. He completed his residency in radiology at Yale-New Haven Hospital and fellowship in MRI, CT and Ultrasound at the Hospital of the University of Pennsylvania. He is medical director at the Greater Waterbury Imaging Center and chief of MRI services at Waterbury Hospital and DRA and provides patients with access to standard high field MRI at 1.5 Tesla and ultra-high field MRI at 3.0 Tesla.

DR. BELCHER graduated from Fairfield University and New York Medical College at Valhalla. He completed a fellowship in Vascular and Interventional Radiology at Yale University School of Medicine. He holds a certificate of Added Qualification for Vascular and Interventional Radiology. He serves as chief of

radiology at Waterbury Hospital and is the director of The Connecticut Center for Advanced Vein Therapy.

DR. HYSON received an AB in chemistry at Princeton and medical degree from the University Of Pennsylvania School Of Medicine. He has board Certification with Added Qualification for Vascular and Interventional Radiology. The director of mammography at Waterbury Hospital, he is an interventional radiologist and performs needle biopsies, drain abscesses, inserts stents and catheters, and treats varicose veins. In many cases, he says, "interventional radiology has replaced some surgery" by "using those imaging tools for treating patients less invasively."

DR. VERGA is a graduate of the Yale School of Medicine. He completed a radiology residency at Yale-New Haven Hospital and a fellowship ay New York Hospital/Cornell Medical Center and Memorial Sloan-Kettering Cancer Center where he earned a certificate of Added Qualification for Vascular and Interventional Radiology. He is also experienced in 3-D Mammography, PET-CT imaging, body imaging and is the DRA practice leader.

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KENNETH S. BACKMAN, M.D.

DR. KENNETH S. BACKMAN understands firsthand how his patients feel. "I have suffered with nasal allergies, asthma and food allergies myself since childhood," he says. He founded Allergy and Asthma Care of Fairfield County with the goal of helping patients feel better with the most effective treatments available.

Dr. Backman earned his B.S. cum laude with distinction in biology at Yale and his medical degree from Cornell before completing his internship and residency at the University of Chicago Hospital. He completed a fellowship in adult and pediatric allergy and immunology at Northwestern Memorial and Children's Memorial hospitals in Chicago. Board-certified in allergy and immunology, he is a clinical instructor at Columbia, and chief of the section of allergy at Bridgeport Hospital. He has published numerous articles on allergies and served on the editorial board of the Annals of Allergy, Asthma, and Immunology.

Dr. Backman and colleagues Drs. Irena Veksler and Katherine

Bloom trained at top academic hospitals, where they treated patients with a wide variety of allergies. They coordinate care of adult and pediatric patients with other providers. In their comfortable, state-of-the-art office (which offers extended hours), they offer compassionate, personalized care and an advanced, academic-center-quality approach to determine what triggers symptoms and provides relief. Dr. Backman notes that many people "don't take allergies seriously" and often ignore them until they cause other problems. Allergies can lead to recurrent sinus infections, and "sinusitis can trigger asthma, ear infections and other complications," he explains. "Asthma can be lifethreatening when undertreated. There are many measures you can take that are specifically geared to the allergies you have. I understand as a physician and as a patient what my patients experience, and I am fully committed to helping them control or conquer their allergies with the best treatments available."

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DAVID A. BOMBACK, M.D., DAVID L. KRAMER, M.D.

Connecticut Neck & Back Specialists, LLC, is a Danbury-based surgical practice dedicated to the management of spinal disorders. By focusing on minimally invasive surgery, the treatment of complex spinal deformities and spinal revision surgery, its fellowship-trained surgical team provides the highest quality evidence-based management of spinal disorders. In addition to treating degenerative and traumatic disorders of the cervical and lumbar spine, CTNB is one of the few regional practices with special expertise treating the potentially debilitating conditions of scoliosis and kyphosis in both adults and adolescents. Dr. David Kramer and Dr. David Bomback are delighted to announce that Dr. Neel Shah recently joined their practice. Dr. Shah also follows the Company's principles focusing on conservative and up to date treatments and minimally invasive surgery. Dr. Shah is available for evening and Saturday hours to help our patients. Web-based second opinions, including a personal conversation

with our surgeons, are available at secondopinion-spine.com. Visit this website for details regarding our virtual consultation service.

DR. DAVID A. BOMBACK, a graduate of Columbia University College of Physicians and Surgeons, completed his orthopedic residency at Yale-New Haven Hospital and a spine and scoliosis fellowship at the Hospital for Special Surgery in Manhattan. He is the medical director of the Orthopedic-Neurosurgery unit at Danbury Hospital.

DR. DAVID L. KRAMER, a Dartmouth Medical School graduate, completed the Harvard orthopedic residency program at Massachusetts General Hospital and his orthopedic/neurosurgical fellowship in spine surgery at the Rothman Institute at Thomas Jefferson Hospital. He served for ten years on the board of directors at Western CT Health Network. He is also Chief, Section of Spinal Surgery, at Danbury Hospital.

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TOP DOCTORS 2017



GREGORY BONAIUTO, M.D., CLINTON KUWADA, M.D., CARL MOELLER, M.D., TIMOTHY O'BRIEN, M.D.

DRS. BONAIUTO, KUWADA, MOELLER, and O'BRIEN are part of Connecticut Ear, Nose & Throat Associates, one of Connecticut's largest otolaryngology practices.

DR. GREGORY BONAIUTO graduated from Yale University. He earned his medical degree and completed his residency in otolaryngology-head and neck surgery from the University of Connecticut School of Medicine. Dr. Bonaiuto has been in practice for 20 years, and for the past 10 years he has served as the Chief of Otolaryngology-Head and Neck Surgery at Hartford Hospital. His clinical specialties include sinus surgery, allergy, pediatric ENT, swallowing and voice disorders, office based surgery and benign tumors of the head and neck.

DR. CLINTON KUWADA graduated from the UConn School of Medicine, where he also completed his residency in otolaryngology. He completed a prestigious fellowship in head and neck surgery and micro-vascular reconstructive surgery at Vanderbilt University. As the director of the head and neck cancer multidisciplinary team at Hartford Hospital, Dr. Kuwada specializes in surgical treatment of tumors of the head and neck, including

the thyroid and salivary glands. He approaches tumors using open and endoscopic techniques and performs microvascular reconstructive surgery for head and neck cancer.

DR. CARL MOELLER attended College of the Holy Cross and earned his medical degree from Loyola University Chicago. He completed his training in otolaryngology-head and neck surgery at Loyola University Medical Center. He treats both adults and children and specializes in sinus disorders and surgical management of sleep apnea, including Inspire hypoglossal nerve stimulation (www.inspiresleep.com). Dr. Moeller resides in West Hartford with his wife and two sons.

DR. TIMOTHY O'BRIEN graduated from the University of Notre Dame and then UConn School of Medicine. He also completed his residency training at UConn. Dr. O'Brien's clinical specialties include surgery of the thyroid and parathyroid glands, management of chronic sinus disease, environmental allergies, voice disorders, ENT disorders affecting infants and children, and surgical management of adult obstructive sleep apnea with the Inspire device (www.inspiresleep.com).

CONNECTICUT EAR, NOSE & THROAT ASSOCIATES, PC

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MICHAEL G. BRAND, M.D., JOSEPH DIGIOVANNI, M.D., ROSS HENSHAW, M.D., JOHN G. LUNT, M.D.

DR. MICHAEL BRAND specializes in sports medicine and treating knee and shoulder problems. He trained in the Harvard University Combined Orthopedic Program in Boston and completed his fellowship in San Diego. He performs state-of-the-art, minimally invasive, arthroscopic knee and shoulder surgery, and reconstructive knee surgery including total and partial knee replacements. He has extensive experience in treating the knee and its full spectrum of issues from torn menisci to complex reconstructive surgeries. "It's critical to understand the remarkable complexities of knee mechanics in order to properly assess, diagnose and deliver superior treatment to patients."

DR. JOSEPH DIGIOVANNI treats problems of the upper extremities. He trained at Mount Sinai Hospital and NYU Langone Hospital for Joint Diseases. He treats complex hand issues including nerve compressions (carpal tunnel syndrome), osteoarthritis in the hand, trigger fingers, volar plate injuries (jammed fingers) and wrist injuries and fractures. He also treats elbow problems including cubital tunnel syndrome and performs total elbow replacements. Many of his patients are athletes, musicians and workers with hand injuries.

DR. ROSS HENSHAW graduated from Johns Hopkins University and Columbia University's College of Physicians and Surgeons. He did a fellowship in sports medicine and shoulder surgery at the Hospital for Special Surgery where he learned advanced arthroscopic techniques to treat shoulder, knee and hip injuries through incisions no wider than a fingernail. He uses a tiny camera for better visualization of the injury and micro tools to repair tissues with minimal trauma. At Columbia, he learned innovative shoulder replacement surgery using techniques that spare bone tissue and foster easier recovery. An athlete himself, he sympathizes with his patients and tries to get them back to their sport as soon as possible.

DR. JOHN LUNT specializes in surgery of the upper extremities, focusing on minimally invasive endoscopic and arthroscopic techniques. He trained at St. Luke's/Roosevelt Hospital and Long Island Jewish Medical Center, and completed a fellowship in hand surgery at Columbia Presbyterian. As medical codirector at the Hand Center of Western Connecticut, he earned a reputation as the go-to doctor for problems others cannot identify. With superior diagnostic tools, he excels at recognizing nerve compression syndromes and problems that are common but hard to detect.

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TOP DOCTORS 2017



RONIKA D. CHOUDHARY, M.D., FACOG

DR. RONIKA CHOUDHARY is a board certified ob/gyn and has been chosen a Top Doc in Connecticut for the past eight years. She has earned a stellar reputation for providing compassionate, comprehensive care for women of all ages and reproductive phases. She notes that many healthy women get their main health care from gynecologists. As a result, her growing practice offers a holistic approach to health, counseling of nutrition and mental health.

She has a team of physicians who share her approach, OB/ GYNs Dina Barnaby, D.O., and Anupama Narla M.D. The multicultural group of providers reflect their diverse patient population and speak English, Spanish, Punjabi, Telagu and Urdu.. Their goal is to empower women when it comes to health and well-being. Dr. Choudhary is proud that they are women dedicated to taking care of women through every stage of life. The team maintains a small practice feel yet offers collaborative care with nutritionists, psychologists and providers of alternative

"We are in the process of refining and honing comprehensive care for our patients by providing support for women through postpartum support groups, as well as birthing classes and lactation support and nutritional counseling," she explains. "We try and provide same day care for patients who need to be seen for acute issues. We want to be available especially when we are needed. We provide services in general gynecology, adolescent gynecology, low and high risk obstetrics, minimally invasive gynecology surgery, and menopausal transition."

Dr. Choudhary and her teams strongly believe in educating their patients about their health and prevention of disease. They treat the whole person in a warm and nurturing practice. "I believe women's concerns are not often heard." She and the other providers in her practice listen attentively to patients and evaluate their personal circumstances, habits and stressors that affect their overall health and well-being.

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MICHAEL J. FLANAGAN, M.D., ANTHONY KIM, M.D.

DR. ANTHONY KIM is a graduate of Boston University School of Medicine and completed his general surgery residency and urology residency at Yale-New Haven Hospital. He has extensive experience in robotically assisted laparoscopic surgery, complex kidney stone procedures, minimally invasive laser surgery of the prostate, female incontinence, and male infertility. He states that "Urology Specialists, PC has extensive experience in clinical research, and that this has fostered a commitment to our patients to utilize the most modern technology to assist in the diagnosis and treatment of urologic disorders." Dr. Kim prides himself in incorporating evidence based medicine with his friendly communication skills to formulate a treatment plan to enhance the quality of care for his patients, to maximize their treatment outcomes, and to provide a meaningful doctorpatient relationship.

DR. MICHAEL FLANAGAN is the medical director for Urology Specialists, P.C. and a sub-investigator of Connecticut

UROLOGY SPECIALISTS, PC CONNECTICUT CLINICAL RESEARCH CENTER CONNECTICUT CENTER FOR CONTINENCE

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Clinical Research Center. A graduate of Clark University, he earned his medical degree from UMDNJ-Rutgers Medical School. He interned and did two years of his residency in general surgery at Waterbury Hospital before completing four years of training in urology at Temple University in Philadelphia. His confident and easy-going manner make patients feel relaxed. His special interests include robotic prostate surgery, female incontinence, urologic cancer, kidney stones and laparoscopic surgery for kidney removal. When treating female patients, he partners with gynecologists to complement their care and help improve outcomes.

Urology Specialists PC is full service comprehensive practice of peer-respected urologists. It is affiliated with the Connecticut Clinical Research Center (CCRC) as well as Connecticut Center for Continence (CCC), both located within the same facility. It is a collaborative practice providing comprehensive care of urologic problems for patients spanning all ages and both genders.

TOP DOCTORS 2017



WILLIAM F. FLYNN JR., M.D., RICHARD L. MANZO, M.D.

DR. RICHARD MANZO is board-certified in Orthopaedic Surgery and additionally fellowship trained and subspecialty certified in hand and upper extremity surgery including microsurgery. He has been recognized by his peers as a Connecticut Magazine Top Doc for 3 consecutive years.

An honors graduate of Princeton University and the University of Connecticut, School of Medicine, Dr. Manzo believes in restoring the greatest function possible utilizing the most advanced, least invasive treatments available. His special interests include complex hand and wrist trauma, open and arthroscopic surgery of the shoulder and elbow, and both surgical and non-surgical treatments of other painful conditions of the upper extremity.

Dr. Manzo and his partner Dr. Andrew Nelson along with their skilled team of therapists at The Hand to Shoulder Center, have merged with the specialists of Neurosurgery, Orthopaedics and Spine Specialists, PC (NOSS) to form the only comprehensive musculoskeletal practice in the region. DR. WILLIAM FLYNN, a board certified orthopaedic surgeon with 25 years experience, is a partner at NOSS and specializes in Joint Replacement and Sports Medicine. He is a graduate of Princeton University, Cornell University Medical College and did his residency at the Hospital for Special Surgery in NYC. He completed a Joint Replacement Fellowship at HSS, and is the only fellowship trained Joint Replacement surgeon in the Greater Waterbury area. Dr. Flynn performs both simple and complex reconstruction of hips, knees, and shoulders, including resurfacing and less invasive procedures. He has been published in peer-reviewed journals and orthopaedic textbooks, and has interests in metabolic bone disease, osteoporosis and the impact of exercise on sports and general health.

Dr. Flynn is the team doctor for local area high schools and believes that community health is a partnership between patients and medical providers. He believes that a strong patient relationship is paramount, whether a person requires surgical or non-surgical treatment, and that the comprehensive nature of the team at NOSS allows for optimal treatment for everyone.

NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS, PC

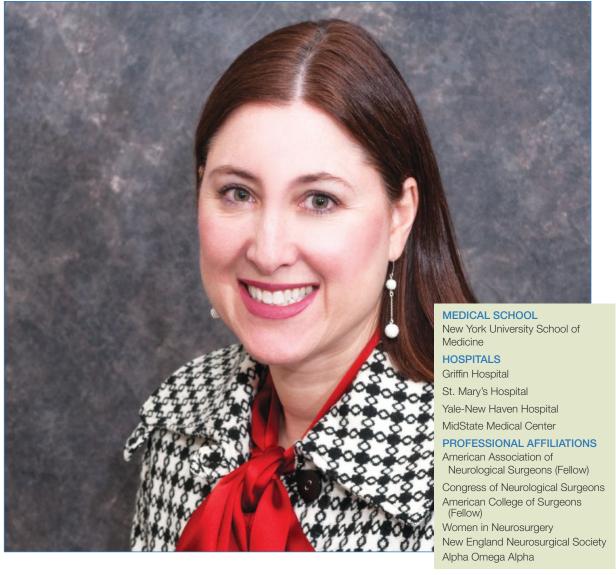
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JUDITH L. GORELICK, M.D., FACS

DR. JUDITH L. GORELICK is among the few female neurosurgeons practicing in Connecticut. She graduated Cornell University with a B.S in neurobiology before earning her medical degree from New York University School of Medicine. She completed her residency in neurosurgery at the University of Michigan Medical Center and began her clinical practice of neurosurgery in Connecticut in 2001.

With over 15 years of experience, Dr. Gorelick now practices at NOSS, a multi-specialty group, and leads their Shelton, CT office. Additionally, she has assumed the role of Section Chief of Neurosurgery at Griffin Hospital.

"My reputation is based on being extremely thorough and taking time with my patients," she says. She provides broad, comprehensive care and believes in "not rushing to the OR" before thoroughly discussing all options with her patients. Her goal is to do what is in the best interest of each patient and to educate them on their condition. Dr. Gorelick notes that a

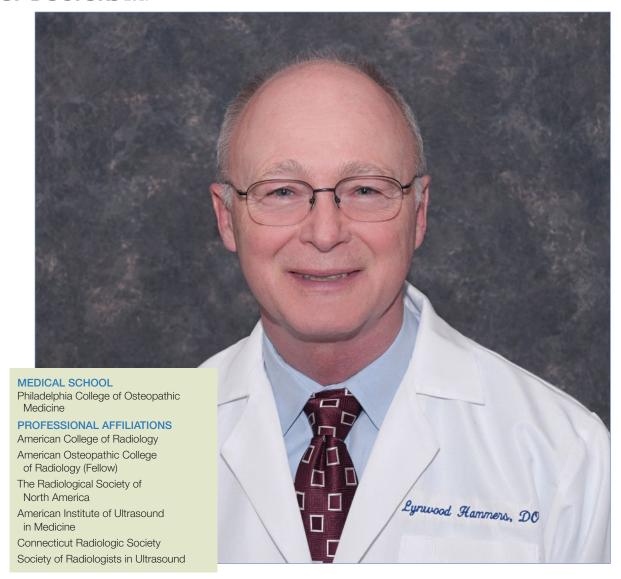
patient who understands their condition is in the best position to make a good decision about their care. In the high-tech world of medicine today, Dr. Gorelick stresses how important the art of listening and compassion are to patients. Dr. Gorelick works with excellent colleagues who round out the spectrum of care. "Patients feel really comfortable and like the concept of a team approach to surgery," says Dr. Gorelick, who notes this approach often results in faster recoveries and better outcomes.

Dr. Gorelick serves on the medical advisory panel for the State of Connecticut Workers' Compensation board, is a member of the Connecticut Chapter of the American College of Surgeons Committee on new applicants, has published numerous scholarly articles in peer reviewed journals and enjoys giving community lectures on a broad spectrum of neurosurgical topics.

Dr. Gorelick is most proud to balance her career in neurosurgery with her role as mom of two incredible sons and to share her life with her physician-husband of over twenty years.

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LYNWOOD W. HAMMERS, D.O. FAOCR

DR. LYNWOOD HAMMERS received his B.A. (pre-med) and M.A. (psychology) from Columbia University. He worked as a psychologist for several years before earning his D.O. from the Philadelphia College of Osteopathic Medicine. He completed his radiology residency at Downstate Medical Center where he served as chief resident. After completing his fellowship in CT/US/MRI at Yale, he joined the staff for 16 years, 10 as chief of clinical ultrasound. He is a clinical associate professor of radiology at Yale University School of Medicine and is a recognized national and international leader in ultrasound.

He opened his private practice, Hammers Healthcare Imaging in New Haven, with the goal of bringing state-of-the-art, high resolution ultrasound to an outpatient setting. His office is a clinical evaluation site for new equipment and he is one of the few non-academic radiologists involved in research. While his ultrasound only practice emphasizes thyroid/head and neck, musculoskeletal, breast and ultrasound guided interventional procedures (biopsies, cyst drainage of ovaries, breast, thyroid and joints), all ultrasound studies are available.

He performs the highest number of thyroid ultrasounds and biopsies daily in the U.S. and possibly the world. His team of exceptional sonographers (who average over 20 years of experience) provide timely, friendly, professional service. He respects his patients' time by providing prompt service for patients and always allowing time for emergencies.

Dr. Hammers uses musculoskeletal ultrasound for evaluation and guidance in pain management. He describes ultrasound as a "real time imaging stethoscope" to look inside the body. He uses patient motion to trace the source of the pain and can detect muscle tears, tendonitis and hernias.

He did pioneering work in the use of bilateral whole breast ultrasound as an adjunct to mammography to improve diagnosis in dense breasts. He advocated for insurance coverage and is involved in a study of breast cancer in young (25-39) African-American women.

"To practice good medicine," he says. "You do what is good for the patient. You go the extra mile."

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MICHAEL J. KAPLAN, M.D.

DR. MICHAEL KAPLAN is senior medical correspondent for ESPN, where he explains the injuries sustained by players on major teams. He earned a B.A. from Brown University. He graduated with honors from the University of Vermont College of Medicine. He did surgical and orthopedic residencies through the University of Vermont College of Medicine and completed a fellowship in sports medicine at the distinguished American Sports Medicine Institute with James Andrews and Bill Clancy.

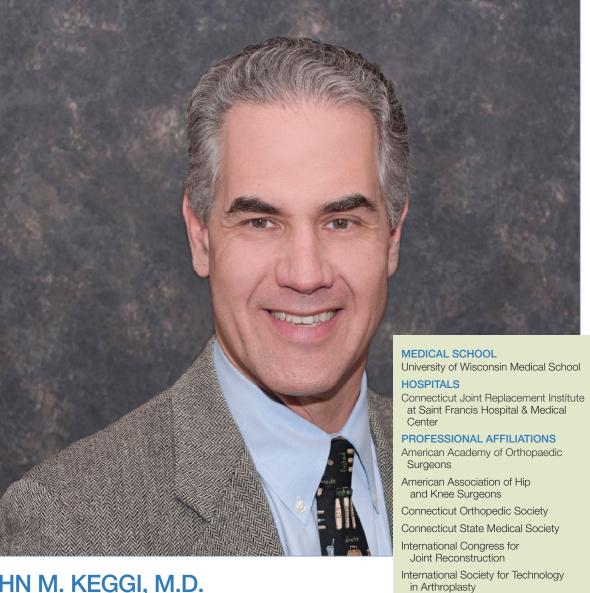
An authority in partial and total knee replacement and shoulder surgery, he treats patients, including non-athletes and weekend warriors in addition to competitive and professional athletes, who ache from activities of daily life. He performs a full array of knee reconstructive procedures and has done the highest number of partial knee replacements in Connecticut and the second highest in the Northeast. A clinical instructor at Yale University Department of Orthopedics, Dr. Kaplan developed his own design and technique in partial knee replacement, which orthopedists throughout the country now use. He is also one of the designers of DJO Global's total knee joint prosthesis.

Recently he was appointed the medical director of a new St. Mary's Orthopedic Department, a full-service hospital program with physicians, physical therapists, trainers, and nurses to serve the Greater Waterbury community with cutting edge musculoskeletal care and preventative medicine measures. Under his and Erik Carlson's supervision, he says, "St. Mary's will continue to develop and evolve toward a first-rate orthopedic center using state-of-the-art operating models and recruiting of new faculty members. St. Mary's Hospital will have the full support of the Trinity Hospital System for this venture.

"Pain and functional compromise are depressors, and it's a privilege to help people back to better function." He offers preventative medicine, diagnosis, conservative care through operative management of cartilage and ligament deficiency and reconstructive procedures. While he sees athletes who train daily and play hard, he offers ordinary patients the same superior care. 'All ages and personalities deserve this type of medical attention," he says.

DR. MICHAEL J. KAPLAN & ACTIVE ORTHOPAEDICS, P.C.

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JOHN M. KEGGI, M.D.

DR. JOHN KEGGI specializes in advanced techniques for hip and knee replacement. A graduate of University of Wisconsin Medical School, Madison, he further trained at

Yale-New Haven Hospital and Yale University School of Medicine Department of Orthopaedics and Rehabilitation Residency Program.

Dr. Keggi has 25 years' experience in performing and teaching direct anterior approach (DAA) hip replacement, a specialized technique that spares the major walking muscles, generally allowing patients a rapid return to activity, work and family life. While DAA surgery has gained popularity in recent years, Dr. Keggi remains one of the most experienced practitioners of this approach in the U.S. and internationally. Birmingham hip resurfacing via the anterior approach is a procedure Dr. Keggi offers for young patients with high demand activities.

Dr. Keggi is also a leader in knee replacement procedures that speed recovery and help patients gain mobility quickly. Most recently, he has been developing new technologies and incorpo-

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rating advances in computer- and robotic-assisted techniques into knee replacement surgery.

He has authored many scientific articles and frequently lectures around the country and around the world including England, Australia, France and Spain while teaching these methods to fellow surgeons.

Dr. Keggi thanks his professional and experienced office staff and hospital teams for their focus on patient education, care, comfort and rapid recovery. "We are blessed with compassionate and talented staff at every level," Dr. Keggi says. Dr. Keggi performs his surgeries at the Connecticut Joint Replacement Institute (CJRI) at St. Francis Hospital in Hartford which is a "Top 5" facility in the U.S. for patient safety and patient satisfaction. In addition the Anesthesia team at CJRI leads the nation is advanced pain avoidance techniques for hip and knee patients.

Dr. Keggi is available for consultation at the Orthopaedics New England offices in Middlebury, Farmington and New Milford.

> 11 Old Park La., New Milford • (203) 598-0700 OrthoNewEngland.com



DR. DELIA MANJONEY comes from a family of several physicians, including her father, two uncles and four siblings. This "gives me a different perspective of things," she says. She graduated magna cum laude from Roanoke College before earning her medical degree from the University of Vermont College of Medicine. She completed her internship and residency in pediatrics at the University of Texas Children's Medical Center and did a partial fellowship in pediatric cardiology at UCSF before she decided to go into ophthalmology. Ophthalmology is a "nice blend of patient contact, strong interpersonal relationships and surgery," she says, and "it is very rewarding to be able to restore someone's vision."

Dr. Manjoney practiced comprehensive ophthalmology with her father for 15 years before practicing solo. She specializes in cataract surgery, treatment of glaucoma and general ophthalmology. She began to offer cosmetic procedures at the request of some women patients who wanted to look younger, she offers Botox and fillers and also blepharoplasties of upper lids. She makes sure that she and her patients "come to a consensus about the best options for them" and that patients have "very realistic expectations," especially about cosmetic procedures. All treatment is highly individualized.

Rated a top doctor in Connecticut Magazine since 2009 and by Castle & Connelly since 1997, she says, "I am honored and humbled to be recognized by my peers and by the support of my patients." Her education as a physician is never over. "When you stop learning, you stop growing and you're actually regressing," she says. "Technology is changing so quickly and so dramatically. You have to learn something new every year."

DELIA MANJONEY, M.D.

2720 Main St., Bridgeport • (203) 576-6500 • manjoneyeye.com





ERIC J. OLSON, M.D.

DR. ERIC J. OLSON graduated from Columbia University College of Physicians and Surgeons. He completed his internship in general surgery, residency in orthopaedic surgery and fellowship in sports medicine at the University of Pittsburgh. He was chief of sports medicine in the U.S. Army at Walter Reed Medical Center.

Dr. Olson says he is passionate about orthpaedics because "it combines my mind, my great training, my hands, technology and visual thinking and allows me to change people's life for the better." He likes the intellectual puzzle of repairing tendons and bones in the shoulder, knees and hips. His philosophy is to treat each patient as he would want to be treated himself.

While arthroscopic rotator cuff repairs remain his favorite operation, as his patients have been aging, many have sought his care for knee, hip and shoulder replacements. For knee replacements, he sends an MRI of each patient's knee to individually engineer how their new knee will be optimally sized and positioned. Using

3-D printer technology, a personalized cutting block is created for the operating room to help him position the knee components accurately, predictably and less invasively.

Dr. Olson is excited about the newest techniques to repair shoulders that have worn out. New shoulder replacement designs provide pain relief and improved function with more durable and less invasive implants. These can be used for relatively younger patients with intact rotator cuffs. For older patients with arthritis whose rotator cuffs have failed, he performs reverse shoulder replacements. "For people who are in pain and have lost their ability to get their arm over their head, this can be life transform-

Along with physical therapy, Dr. Olson works with complementary medicine practitioners to reduce pain and enhance healing. He and his wife, Beatriz, an endocrinologist, co-teach "The Healer's Art" at Yale Medical School. He is team physician for Naugatuck High School.

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EDWARD B. PARAISO II, M.D., ROBERT P. WEINSTEIN, M.D. NICHOLAS A. VINER, M.D., FACS

The medical staff of Urological Associates of Bridgeport encourages patients to play an active role in their treatment. The practice, composed of Drs. Edward Paraiso II, Nicolas A. Viner and Robert P. Weinstein, with partners Drs. Jeremy D. Kaufman, Howard I. Zuckerman and Physician Assistant Jessica V. Martins, stays abreast of the latest treatments and technological advances to ensure the highest urological care. All physicians are board-certified urologists with subspecialties covering a wide spectrum of urological diseases in men, women and children. Among the services and procedures provided are robotic and minimally invasive surgery for the prostate, kidney and bladder, advanced treatments for benign prostatic hyperplasia (BPH), no-scalpel vasectomy, male sexual health and male infertility, urinary incontinence and voiding dysfunction, pediatric urology, and stone disease (treatment and prevention).

Urological Associates of Bridgeport is affiliated with Bridgeport Hospital, St. Vincent's Medical Center and Milford

DR. EDWARD B. PARAISO II received his B.S. degree from SUNY Albany and medical degree from Albert Einstein College of Medicine with distinction in research. He completed his residencies in general surgery and urology SUNY Downstate

UROLOGIC ASSOCIATES OF BRIDGEPORT

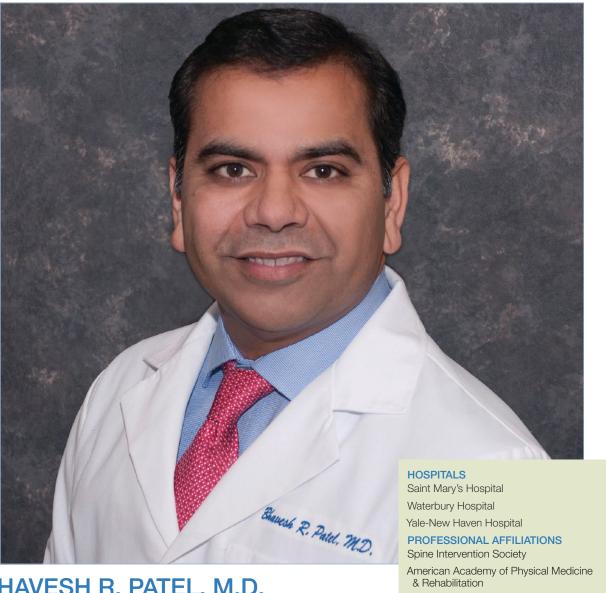
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Medical Center and is certified by the American Board of Urology. He is a member of the American Urological Association, Endourological Society and Society of Laparoendoscopic Surgeons. He practices general urological oncological surgery, which includes robotic cystectomy, partial nephrectomy, and prostatectomy.

NICHOLAS A. VINER earned his undergraduate degree from The College of Holy Cross and medical degree from Vanderbilt University School of Medicine. He completed residencies in general surgery at Greenwich Hospital and urology at Vanderbilt Hospital. He is board-certified in urology and a fellow of the American College of Surgeons.

ROBERT P. WEINSTEIN received his B.S., magna cum laude, from SUNY Albany and medical degree, magna cum laude, from SUNY Health Science Center, where he was chief resident and clinical assistant instructor of surgery and urology. Certified by the American Board of Urology, he is a member of the American Urological Association, American Medical Association and Society of Laparoendoscopic Surgeons. Dr. Weinstein says, "Some of the most important attributes of our practice are the comprehensive approach and technological advances that ultimately bring great benefit to our patients."

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BHAVESH R. PATEL, M.D.

DR. BHAVESH R. PATEL is the founder and president of Interventional Spine & Sports Medicine, PC. He has been treating patients in the Greater Waterbury area for more than 15 years, founding his solo practice in 2010 to reflect his belief in more personalized nonoperative spine and orthopedic care. Dr. Patel did his residency in phyiscal medicine and rehabilation at Temple University School of Medicine and a fellowship in Interventional Spine & Sports medicine at New York City's world-renowned Spine Institute at Beth Israel Medical Center. He is assistant professor at Quinnipiac University Frank H. Netter School of Medicine.

He is board-certified in physical medicine and rehabilitation as well as pain medicine. His treatment philosphy is to help his patients avoid surgery whenever possible, using a multidisciplinary nonsurgical approach to treat spine and orthopedic

His goal is to help patients suffering from a broad range of

spinal and orthopedic conditions to help eliminate pain and restore function using the most current conservative treatment options. He often combines analgesic medications, physical therapy, excercise and X-ray guided therapeutic spinal injections to decrease pain and inflammation. So patients may benefit and progress in physical therapy and/or self-directed home exercise program. Dr. Patel also offers his patients ultrasound guided periperhal joint injections and plasma rich protein (PRP) injections for tendon and joint pain. He is also now offering Botox injections for migraine headaches. "The most rewarding aspect of my work is enabling my patients to improve the day to function and lessen their pain," he says

He strives to be accessible, seeing emergency patients within 24 to 48 hours. Patients in extreme pain appreciate the care and attention they receive from the entire staff. He will be seeing patients in his new Farmington Office.

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VINOD V. PATHY, M.D., F.A.C.S.

DR. VINOD V. PATHY earned his Bachelor of Science Intensive Degree from Yale University in biology, completing a senior-year thesis in neurobiology. He received his medical degree from Temple University School of Medicine, and completed his residencies in general surgery and plastic surgery at Montefiore Medical Center/Albert Einstein College of Medicine in New York City.

Board-certified in both plastic surgery and general surgery, he specializes in breast and body procedures, with a with an emphasis on breast reconstruction, while being the Director of Breast Reconstruction Services at the William W. Backus Hospital in Norwich.

He is one of only a few select plastic surgeons in Connecticut to perform microvascular breast reconstruction, including the DIEP (Deep Inferior Epigastric Perforator) flap, which utilizes only a patient's abdominal skin and fat to reconstruct the breast, without utilizing muscle. The results include a long-lasting natural-looking breast, limited discomfort, and expedited recov-

NORTHEAST PLASTIC SURGERY CENTER

5 Davis Road East, Old Lyme (860) 390-6000 • northeastpsc.com ery. While many patients are candidates for this type of cuttingedge reconstruction, it is a rather exclusive procedure amongst plastic surgeons, as "it is technically demanding and requires a strong commitment from the surgeons, the rest of the surgical team, as well as the hospital," Dr. Pathy explains. "Preoperative and postoperative training is just as vital as the intraoperative education for the staff. In the end, the best outcomes truly occur when a dedicated team-approach is involved."

While breast reconstruction remains a sizable portion of his practice, he exercises additional focus on other breast procedures, such as breast augmentations, breast reductions, and breast lifts, as well as abdominoplasties, liposuction, and general body contouring. Skin cancer excisions and closures, as well as facial injectable procedures, such as Botox® Cosmetic, dermal fillers, and Kybella® are also popular requests.

Dr. Pathy recently relocated his practice in Old Lyme to a modern building with state-of-the-art technology, in a private, serene setting.



NEIL T. SPECHT, M.D.

DR. NEIL T. SPECHT is dual board-certified in internal medicine and diagnostic radiology. After graduating from SUNY at Stony Brook, he earned his medical degree from the University of the East/UERMMMC. He completed his internship and residencies at St. Vincent's Medical Center. He served as the Chief of Ultrasound and Interventional Radiology at St. Vincent's Medical Center and Director of the School of Diagnostic Medical Sonography. In 2010, he opened his independent imaging center, Connecticut Ultrasound & Biopsy Center, followed in 2011 by Women's Choice Mammography and most recently, Women's Choice Aesthetics, operated jointly with his wife, Dr. Evangeline S. Specht. Dr. Specht is a member of the RSNA, Society of Breast Imaging, and AIUM.

Dr. Specht serves as an instructor at the largest medical convention in the world (RSNA) and is internationally recognized in the field of interventional ultrasound. Dr. Specht has performed more than 25,000 biopsies during his career, including vacuum-assisted breast biopsies, fine needle aspiration biopsies and core needle biopsies. Having perfected the Gentle-Touch™

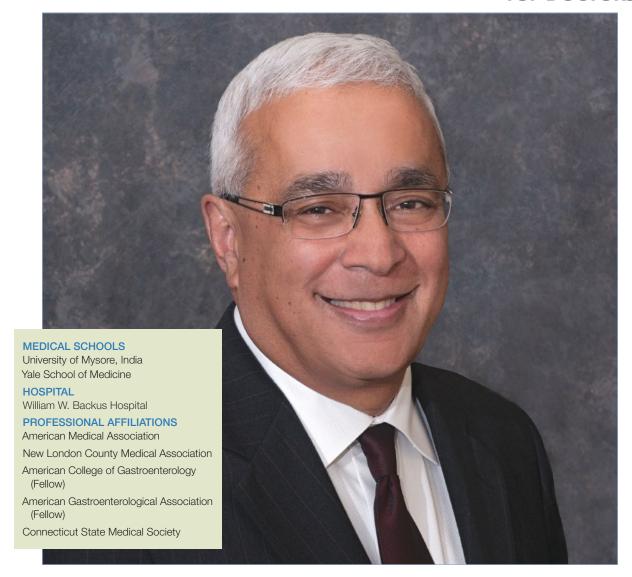
technique, Dr. Specht's biopsies are virtually pain-free and scarfree. A complete array of diagnostic ultrasound exams are also performed at Connecticut Ultrasound & Biopsy Center including thyroid ultrasound, abdominal/pelvic ultrasound, carotid ultrasound, arterial and venous Doppler exams and varicose vein treatments.

Women's Choice Mammography is the first and only practice in Connecticut to perform 3-D Mammography for every patient. This technology is significantly more accurate in detecting invasive breast cancers and is considered the best tool available to fight this disease. "This technology allows us to find cancers at an earlier stage, when they are smaller." Women's Choice Mammography is accredited by the American College of Radiology.

Dr. Specht and his staff offer unparalleled personalized care in a warm, relaxed environment. He meets with patients to discuss their exam results before they leave the office. "Patients deserve the best technology and a higher level of service than what they are accustomed to and that is what we provide."

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tation."

KOLALA R. SRIDHAR, M.D., FACG, FAGA

DR. KOLALA SRIDHAR earned his medical degree from the University of Mysore, India. He did his Yale-affiliated internal medicine internship and residency at Griffin Hospital and completed a fellowship in digestive and liver diseases at Yale University School of Medicine.

Dr. Sridhar practices general gastroenterology and endoscopy, with particular interests in colon cancer screening, esophageal disorders and hepatobiliary diseases. Practicing for over 30 years, he says, "I enjoy approaching clinical problems using my training and experience. I like to listen to my patients' narratives and attempt to formulate solutions before utilizing stateof-the-art technology to verify my conclusions. I have lived in the same community for my entire career, developed close relationships with my patients, and feel a strong obligation to do all I can to help them."

As part of Connecticut GI, he works with a large clinically independent group of acclaimed gastroenterologists. He says, "We can handle the whole spectrum of digestive problems from simple issues which can be resolved in one consultation, chronic disease caused by common medications. "Many widely used medications such as statins may cause liver injury which can be reversed with a bit of detective work. Today there are great drugs to control and cure viral hepatitis that were not available a few years ago," he says. Dr. Sridhar also notes that there is much ignorance associ-

diseases which need ongoing care, up to life-threatening prob-

lems which need complex procedures including liver transplan-

He notes the explosion in non-alcoholic fatty liver disease in

tandem with the obesity epidemic. "Liver is the body's central

processing unit for fat," he explains. A liver that is laden with

fat often leads to chronic liver disease. He also treats liver

ated with pancreatic diseases. While it is difficult to restore a diseased pancreas to normal, much progress has been made in treating pancreatic disorders. His practice's pancreaticobiliary team performs minimally invasive procedures such as endoscopic ultrasound to diagnose and manage pancreatic disorders and to stage digestive cancers for precision therapy.

CONNECTICUT GI

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JOHN G. STRUGAR, M.D.

DR. JOHN G. STRUGAR takes a holistic approach to treating brain tumors, spine and peripheral nerve problems. He completed his medical education and neurosurgical training at New York University and Yale University schools of medicine, and is an assistant clinical professor in the Department of Neurosurgery at Yale University and chief of neurosurgery at Waterbury Hospital.

Dr. Strugar believes that neurosurgeons must address a combination of environmentally induced damage to the body, hormonal changes and the genetic accumulation of thousands of years of evolution, as they try to extend health and life spans. "To accomplish that goal while doing what makes sense, the challenge remains to apply our surgical knowledge while not putting the patient at risk," he says. Board-certified in neurosurgery, and specializing in intracranial and spinal surgery, Dr. Strugar notes that Connecticut's ageing population requires recognizing that issues are "very, very different than those that are affecting the young." Regardless of the reasons people come to see him, he says, "I want my patients to be well-informed

and learn, so they can better understand the often life-changing diagnoses they are facing."

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He notes that technology has had a major impact on his practice. "Enormous changes such as artificial spinal disks, variable-pressure shunting techniques and minimally invasive procedures have allowed us to be much more efficient and successful in treating patients," he says. He is among the first neurosurgeons in the country to use artificial disks and has been using them successfully for more a decade. Disk arthroplasty helps restore motion to people who have worn disks and may avoid secondary procedures to treat low back pain.

Dr. Strugar also treats patients with degenerative problems in the elderly, acute spinal cord and traumatic brain injury, spinal tumors and complex cases. His uppermost goal is to preserve the patient's function. "I treat my patients just as I would treat a family member," he says. "Things have become more complex. It is important to recognize when a patient is ready for surgery... You have to fit a lot of criteria before I recommend surgery."

NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS, PC

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MARK TAYLOR, M.D., DAVID HASS, M.D.

Gastroenterology Center of Connecticut was founded by a group of dedicated physicians interested in creating an innovative and progressive medical practice devoted to providing sophisticated, state-of-the-art medical care while maintaining patients as the primary focus of the practice. We are dedicated to providing total GI care through the following comprehensive services offered:

• Outpatient endoscopy centers (Hamden, Guilford) providing a convenient and cost-effective alternative to hospital-based medical care. • Research opportunities for cutting-edge treatment options • In-office infusion center (Remicade, Entyvio, Stelara, Injectafer) • Small bowel and Colon Pillcam (the first practice in CT) • In-office Motility studies (including high resolution esophageal & anorectal motility) • Inflammatory bowel diseases center • Celiac disease center • Clinical expertise in the treatment of liver disease, Barrett's esophagus, including radiofrequency ablation (RFA), and C. Difficile colitis is also available. • Our GI family continues to grow as we welcome two new physicians this summer, Dr. Benigno Varela- Montefiore Medical Center and Dr. Douglas Grunwald- Harvard Medical

DAVID HASS, M.D. A native of Philadelphia, Dr. Hass attended Cornell University where he earned both his undergraduate and medical degrees. He completed his internship and residency in Internal Medicine at the Hospital of the University of Pennsylvania and his GI fellowship at Montefiore Medical Center/ Albert Einstein College of Medicine in the Bronx, New York. Dr. Hass' specialty interests include diseases of the small bowel, inflammatory bowel disease, liver disease, pancreatic disease, and complementary and alternative therapies in the treatment of gastrointestinal and hepatic disease. He recently spearheaded an effort to bring the newly FDA approved Colon Pillcam Capsule to Connecticut, a means by which to visualize the colon without

sedation. He had the first patient in the country to ingest a colon Pillcam capsule outside of clinical trials and currently has robust experience with this cutting edge technology. He lectures and writes extensively on the topic of complementary and alternative medicine in the treatment of gastrointestinal conditions. As such, he is a certified clinical hypnotherapist, implementing this treatment modality regularly into his practice for patients with functional abdominal pain and Irritable Bowel Syndrome. Dr. Hass is affiliated with Yale New Haven and Milford Hospitals and currently serves as the Director of Endoscopy at Yale New Haven Hospital - Saint Raphael Campus.

MARK TAYLOR, M.D. attended medical school at Tufts University School of Medicine and completed his GI training at Harvard's Beth Israel Hospital, and has a Masters in Gerontology from the University of Chicago. He has been in practice for 28 years in the New Haven Area. He has been selected as a "Top Doc" for 9 consecutive years. Dr. Taylor is one of three founders of Gastroenterology Center of CT, started in 1997, and Endoscopy Center of Connecticut, which opened in 1998 as the first free-standing endoscopy suite in Connecticut. He is editor-in-chief and contributing author of two major gastroenterology textbooks entitled Gastrointestinal Emergencies, also translated into Chinese. In addition, he has authored several academic chapters. His interests in gastroenterology include GERD, Gastrointestinal Emergencies, peptic ulcer disease, colon cancer screening, and different types of colitis. He is on staff at Yale New Haven Hospital and Milford Hospital. He started a new endeavor and is Chairman of the Board of Physicians Alliance of CT, designed to bring together multi-specialty physican groups. He is well known for his smiley face office.

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EUGENIA VINING, M.D., THOMAS TAKOUDES, M.D.

DRS. EUGENIA VINING and THOMAS TAKOUDES

are nationally recognized otolaryngologists in Top Doctors by U.S. News-Castle Connolly.

Dr. Vining graduated Phi Beta Kappa and summa cum laude from College of the Holy Cross. She received her medical degree from Yale University, and completed her otolaryngology training at Yale-New Haven Hospital. She was awarded a fellowship in rhinology, sinus and skull base surgery at the University of Pennsylvania School of Medicine. In addition to performing complex sinus surgery on adults and children, she works together with a neurosurgeon on a skull base team removing pituitary and other tumors. She has been named by her peers a Best Doctor in America (Top 1% of physicians) for sixteen consecutive years.

Dr. Takoudes received his B.A. from the University of Pennsylvania and graduated with an M.D. from Columbia University College of Physicians and Surgeons. He completed his residency in otolaryngology in a combined program at Columbia Presbyterian, NYP/Cornell Weill Medical Center and Memorial Sloan Kettering. He is treats all aspects of ENT, but primarily focuses on neck and throat tumors, including thyroid and parotid glands, and working with spine surgeons on complex spinal cases. He says, "ENT has very challenging surgeries...you not only have to fix the problem, but address the complex anatomy so people will look, speak and breathe properly."

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SUNNY WAITZE, M.D., FACS

DR. SUNNY WAITZE is a board-certified, fellowship-trained plastic surgeon who combines her strong and diverse surgical training with a feminine touch to treat patients at Pomperaug Plastic Surgery, her Southbury-based solo practice. As a rare female practitioner in her field, she strives to treat her patients with artful skill, care and compassion along with surgical and nonsurgical treatments that can improve appearance, function and self-esteem.

Dr. Waitze, a graduate of the Hahnemann University School of Medicine who completed her residency in plastic surgery at Emory University and her fellowship in hand and microsurgery at Yale University, is skilled at plastic surgery of the face and body; this includes cosmetic surgery as well as general reconstructive surgery. She has special expertise in breast augmentations and breast lifts, breast reductions, as well as breast reconstruction following treatment for breast cancer. "As a solo female practitioner, I work hard to develop a personal relationship with my

"Not everyone who wants a more youthful appearance wants or needs surgery," she explains. "I think it's important to offer options." She also offers a variety of treatments, including microdermabrasion, facials and mild skin peels, in a relaxed and

inviting boutique atmosphere.

POMPERAUG PLASTIC SURGERY

22 Poverty Rd., Southbury (203) 262-6200 • pomperaugplasticsurgery.com patients, so I devote a lot of my time to the cares and concerns of my patients," she says. "I find that a lot of my patients seek me out because I am a woman. I think I relate well to their concerns and also, I want them to be very well-informed as they make important decisions about their health and well-being."

Dr. Waitze is also an anti-aging expert, skilled in providing nonsurgical injectables including Botox®, Juvederm® and Sculptra®. At her Ageless Medi-Spa she offers state-of-the-art laser treatments to resurface skin, remove unwanted hair and treat spider veins. Her goal with these treatments is always to create a more youthful appearance with minimal downtime and natural-looking results.



KEN YANAGISAWA, M.D., FACS

DR. KEN YANAGISAWA is a second-generation ear, nose and throat (ENT) specialist who followed his father, Dr. Eiji Yanagisawa, a pioneer in ENT endoscopy, into the otolaryngology practice he established in New Haven over 50 years ago. A leader in the state's ENT community for over 24 years, he enjoys treating both children and adults—from in-office management of ear, nose and throat diseases to advanced surgical and laser treatments. His practice offers hearing aids, endoscopic examinations and procedures of the vocal cords and sinuses, hearing, balance and allergy testing and allergy shots. "ENT combines my favorite elements of medicine—patient-focused medical care and intricate surgical procedures," he says. He especially has an affinity for treating children.

Despite the ever-mounting challenges and intricacies of the new health care paradigms, he remains unwavering in his delivery of healthcare-to establish a solid and trusting rapport with his patients, listen to and understand their issues, and provide optimal current treatment options.

An Assistant Clinical Professor at both the Yale School of

SOUTHERN NEW ENGLAND EAR, NOSE, THROAT & FACIAL PLASTIC SURGERY GROUP, LLP, MANAGING PARTNER

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Medicine and the Frank H. Netter MD School of Medicine (Quinnipiac University), Dr. Yanagisawa has been the Section Chief of Otolaryngology at Yale New-Haven Hospital's Saint Raphael campus since 2009. He has published more than 90 articles in ENT textbooks and medical journals.

As the Past President of the Connecticut Ear, Nose and Throat Society and UConn Medical Alumni Association, he advocates on behalf of physicians and patients on vital health care policy issues with the state's General Assembly. Beyond his private practice, Dr. Yanagisawa is committed to promoting community health and wellness, organizing and supporting annual free head and neck cancer screenings at multiple hospitals throughout Connecticut. His many volunteer commitments include leadership roles in local youth sports and serving as preceptor to premedical and medical students.

Dr. Yanagisawa, a New Haven native, completed his residency at Yale. He is married to internist Julia Shi, M.D. and is the father of five.

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DAVID ASTRACHAN, M.D.

DR. DAVID ASTRACHAN is a Phi Beta Kappa graduate of Yale University and graduated with honors from Yale University School of Medicine. He completed his residency in otolaryngology at Yale-New Haven Hospital. He and his partner, Dr. Craig Hecht, both board-certified, pride themselves on their long established practice and their ability to treat adults and children for all aspects of ear, nose and throat concerns.

He considers himself a teacher as well as a physician. An assistant clinical professor at Yale, he teaches medical students and residents that "the best doctors will always teach their patients about their conditions and why they recommend various tests or treatments." Areas of special expertise include nasal obstruction, sinusitis, snoring, tinnitus and hearing loss. A trained singer, he has special interest in care of vocal problems such as hoarseness, voice strain and discomfort. He is the consulting physician for the Yale Opera.

Medical School Yale University School of Medicine Hospitals Yale-New Haven Hospital, Yale-New Haven St. Raphaels's Campus, Milford Hospital Organizations American Academy of Otolaryngology, Connecticut State Medical Society, Academy of Otolaryngology, American Medical Association

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DOV C. BLOCH, M.D.

DR. DOV BLOCH specializes in head and neck surgery in children and adults. He graduated with distinction from Cornell University with a B.S. in business management before earning his medical degree cum laude from Emory University School of Medicine. He completed his residency in otolaryngology at the University of California at San Francisco. He is a diplomat of the American Academy of Otolaryngology - Head & Neck Surgery and a member of the Alpha Omega Alpha Honor Society.

Dr. Bloch is humbled to be recognized as an expert in a field that is so intricate and complex. He attributes his success in helping patients to taking a personal interest in each patient. He believes that developing relationships is critical to understanding their ailments and to improving their treatment.

He specializes in surgical management of the thyroid and parathyroid, salivary gland tumors and other head and neck cancers. He treats adults with chronic sinusitis and Zenker's diverticulum, as well as children with congenital neck masses and tonsil, adenoid and ear disorders.

Medical School Emory University School of Medicine Hospitals Danbury Hospital, Norwalk Hospital Organizations American Medical Association, American Academy of Otolaryngology - Head & Neck Surgery (Diplomat), Alpha Omega Alpha Honor Society

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SIDNEY T. BOGARDUS, JR., M.D. MYRON BRAND, M.D.

DR. SIDNEY BOGARDUS graduated from Columbia University College of Physicians and Surgeons. He did his internship, residency and fellowships in gastroenterology and geriatrics at the University of Chicago. He completed the Robert Wood Johnson Clinical Scholar Program at Yale. He is Associate Clinical Professor of Medicine at Yale, President of Connecticut Gastroenterology Consultants, and Chief of Gastroenterology at the Saint Raphael Campus of Yale. He received the DeLuca teaching prize at Yale.

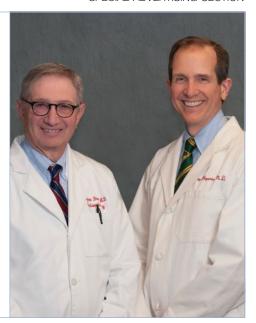
DR. MYRON BRAND graduated with honors from the University of North Carolina School of Medicine in Chapel Hill before completing his internship, residency and fellowship in gastroenterology at Yale-New Haven Hospital. He is medical director of the Shoreline Surgery Endoscopy Center in Guilford and lectures locally and nationally on diseases of the liver and inflammatory bowel disease.

They treat adolescents and adults for a full range of gastrointestinal conditions, including using Fibroscan to assess liver disease noninvasively. Affiliated with Yale-New Haven Hospital, they give patients all the advantages of a university medical center in a private office setting.

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DAVID BOISONEAU, M.D. FRANK DELLACONO, M.D.

DR. FRANK DELLACONO and DR. DAVID BOISONEAU practice adult and pediatric otolaryngology at Ear Nose and Throat Associates of Southeastern Connecticut, a practice that has been in existence for about 70 years.

DR. DELLACONO graduated cum laude from the University of Connecticut. He earned his M.D. from UConn School of Medicine and completed his five-year otolaryngology training program there. He offers high quality care in all areas of ear, nose and throat disorders. He does surgical management of thyroid and sinus disease, as well as the full scope of pediatric ENT disorders. He has been a practitioner of endoscopic sinus surgery since its infancy and is always current on new techniques.

DR. DAVID BOISONEAU graduated cum laude from the University of Vermont and earned his medical degree from UConn before completing a five-year residency in otolaryngology there. He treats adults and children for most ear, nose and throat disorders, including sinus disease and thyroid disorders. He is immediate past president of the Connecticut ENT Society, and remains active to learn about new techniques, insurance trends and superior practice management.

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JEFFREY J. BROOKS, M.D.

DR. JEFFREY BROOKS, along with Dr. Adam Brodsky, are part of Stamford and New Canaan's Orthopaedic Surgery & Sports Medicine, a fellowship-trained partnership that offers sub-specialized expert care.

Dr. Brooks graduated Columbia University College of Physicians and Surgeons and did his orthopaedic residency at Brown. He completed fellowships in orthopaedic trauma at Brown and hand/upper extremity at St. Luke's-Roosevelt/Columbia in New York. He serves as the Director of Orthopaedic Trauma at Stamford Hospital. His expertise includes minimally invasive hand/upper extremity surgery and complex trauma reconstruction. He was the first surgeon in Stamford to perform complex pelvic fracture surgery and to offer endoscopic carpal tunnel release. He has been invited to teach the oral board exam review course at the AAOS Orthopaedic Learning Center annually since 2011. He has published articles and lectures on othopaedic trauma and hand surgery. He spends time with patients, making problem assessment and patient education and understanding of their disease process a central part of his treatment plan.

Medical School Columbia University College of Physicians and Surgeons Hospital Stamford Hospital, Norwalk Hospital Organizations American Academy of Orthopaedic Surgeons

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IAN M. COHEN, M.D.

DR. IAN M. COHEN earned his A.B. from Columbia University and medical degree from the New York University School of Medicine. He completed his residency at Yale New Haven Hospital and is an assistant clinical professor at Yale. He spent two years in family and community medicine on the Apache reservation in Whiteriver, Arizona, where he treated people in a setting "akin to a Third World country."

At Associated Women's Health Specialists, which he founded in 1977, he works with four other doctors to provide comprehensive OB/GYN services, including caring childbirth experiences. Emphasizing health maintenance, his practice also offers certified on-site mammography, ultrasound and bone density scanning, as well as up-to-date treatment for urinary incontinence and pelvic-support problems. Dr. Cohen is participating in the robotic surgery programs at St. Mary's and Waterbury Hospital.

Medical School New York University School of Medicine Hospitals St. Mary's Hospital, Waterbury Hospital Organizations American College of Obstetricians/Gynecologists (Fellow), American Association of Gynecologic Laparoscopists, American Medical Association, New Haven County Medical Association

ASSOCIATED WOMEN'S HEALTH SPECIALISTS (AWHS), PC

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133 Scovill St., Ste. 206, Waterbury • (203) 755-2344 • awhsyourmd.com

PAUL H. DEUTSCH, M.D., R.Ph.

DR. PAUL DEUTSCH graduated summa cum laude from the University of Connecticut School of Pharmacy. His deep interest in the medical field and compassion for helping others drove him to further his education. He received his medical degree from the Medical College of Pennsylvania and completed his training at Hartford Hospital.

Dr. Deutsch is board-certified in internal medicine and pharmacology. With his comprehensive knowledge of medications, he helps patients get optimal results. His medical practice is recognized as a Level 3 Patient-Centered Medical Home and has received the Pinnacle Award for quality excellence in value-based healthcare. He provides medical care both in the office and the hospital for his patients, and is a certified DOT, CDL medical examiner. Special interests are primary care, pharmacology and infectious diseases. Leisure time includes playing the keyboards, photography, concerts, Broadway shows, and watching his daughter play sports. "My primary focus is on the patient," he says. "Take care of the patient and everything else will take care of itself."

Medical School Medical College of Pennsylvania Hospitals Backus Hospital (attending), Lawrence and Memorial Hospital (active-affiliate) Organizations American Board of Internal Medicine, American Pharmaceutical Association

PAUL H. DEUTSCH, M.D., R.Ph.

86 New London Tpk., Norwich • (860) 889-6967 • www.pauldeutschmd.net

PHILLIP S. DICKEY, M.D.

DR. PHILLIP DICKEY is that rare doctor with a broad range of expertise and skills in a field where there is no room for error. He became a neurosurgeon because he finds it exciting, dramatic and intellectually stimulating and says, "You can actually cure a person of something that is really scary. It involves thinking on your feet. It's challenging."

Dr. Dickey, who is in solo private practice, completed his internship and residency at Yale-New Haven Hospital. He is also an assistant clinical professor at the Yale University School of Medicine. Patients find his office setting more tranquil than a hospital atmosphere. He sees new patients on Thursdays and spend a lot of time talking to them, getting them to feel relaxed. Dr. Dickey specializes in spinal surgery, in which he utilizes minimally invasive techniques and modern instrumentation where necessary. He also performs intracranial surgery for meningioma, acoustic neuroma and pituitary tumors where "the technique is so delicate and precise because nerve tissue is involved," he notes.

Medical School University of North Carolina, Chapel Hill Hospital Yale-New Haven Hospital Organizations American Association of Neurological Surgeons, Congress of Neurological Surgeons, American Medical Association, Connecticut State Medical Society, New England Neurological Society, Neurological Society of America

PHILLIP S. DICKEY, M.D. - NEW HAVEN NEUROLOGICAL ASSOCIATES, PC

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MICHAEL Z. FEIN, D.P.M.

DR. MICHAEL FEIN is chief of podiatric surgery at Danbury Hospital and has his own practice in Bethel. He earned his podiatric medical degree from the Temple University School of Podiatric Medicine, and completed his residency in foot surgery at the Broad Street Medical Center. In 2006, the Connecticut Podiatric Medical Association named him Connecticut Podiatrist of the Year.

Dr. Fein takes a personalized approach to his patients' foot and ankle health. For more than 30 years, he has built strong relationships with his patients, their families and other medical professionals. He is one of only a few physicians in Connecticut offering EPAT, an office-based pressure wave modality for the treatment of musculoskeletal conditions. In addition to his Bethel practice, he provides podiatric services at Danbury Hospital's Morganti Wound Center and at the Danbury Foot and Ankle Center, a part of Connecticut Family Orthopedics. Dr. Fein provides special expertise in diabetic foot management, bunion and hammertoe repair and heel pain.

Medical School Temple University School of Podiatric Medicine Hospitals: Danbury Hospital, New Milford Hospital Organizations American Podiatric Medical Association, Connecticut Podiatric Medical Association, American Professional Wound Care Association

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CRAIG FLOCH, M.D., FACS NEIL FLOCH, M.D., FACS

DR. CRAIG FLOCH and DR. NEIL FLOCH are brothers working as a team for 23 years. As a designated Center of Excellence for Bariatric Surgery by the American Society for Metabolic & Bariatric Surgery, they have performed over 5,000 weight-loss procedures. Along with their partners Dr. Abe Fridman and Dr. Peter Ingraldi, they are committed to providing surgical excellence and compassionate care. Dr. Neil Floch, Director of Minimally Invasive and Bariatric Surgery at Norwalk Hospital, graduated from Boston University School of Medicine, and completed his surgical residency at Beth Israel Medical Center and a fellowship in advanced laparoscopic surgery at the Mayo Clinic. Dr. Craig Floch, Director of Bariatric Surgery at St. Vincent's Medical Center, graduated from Chicago Medical School and completed his surgical residency at Case Western Reserve.

They see bariatric surgery as a tool addressing obesity, diabetes and other health conditions. "Each treatment plan is modeled to a patients' medical and emotional needs," says Dr. Neil Floch.



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BORIS GOLDMAN, M.D.

DR. BORIS GOLDMAN received his undergraduate degree from Brandeis University and medical degree from the UConn School of Medicine. He completed his combined general/plastic surgery residency at Butterworth Hospital in Michigan and the Grand Rapids Area Medical Education Consortium with a cosmetic surgery fellowship in Miami Beach, Florida. Dr. Goldman is included in the *Guide to America's Top Surgeons* and *America's Top Doctors* and has received the AMA Physician's Recognition Award. He holds several patents and has lectured nationally and internationally on topics in his area of specialization.

Dr. Goldman is certified by the American Board of Plastic Surgery, has distinguished himself in clinical research and has expertise in reconstructive and cosmetic surgeries. He is skilled in nonsurgical anti-aging injectables, including Sculptra®, Restylane®, Juvederm®, Radiesse® and Botox®. "I combine the most effective surgical and nonsurgical techniques with sound judgement and artistry to obtain optimal results, with the goal of creating a youthful, natural looking appearance," he says.

Medical School UConn School of Medicine Hospitals Danbury Hospital, Norwalk Hospital, Griffin Hospital Organizations American Society of Aesthetic Plastic Surgeons, American Society of Plastic Surgeons, Northeastern Society of Plastic Surgeons, American College of Surgeons (Fellow)

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CLAUDIA GROGEAN, M.D. ARTHUR B. LANDRY, III, M.D.

DRS. ARTHUR LANDRY and CLAUDIA GROGEAN are part of the collaborative team at Specialists in Women's Healthcare with Drs. John Kaczmarek, Eleanor Berry and Elisa Benzoni.

DR. LANDRY graduated from Tufts University and the University of Pennsylvania before earning his M.D. from UConn School of Medicine. He completed his residency at Hartford Hospital, where he trained in innovative gynecologic surgeries including advanced laparoscopy and vaginal reconstruction. He practices obstetrics and gynecology with special interests in menopause and issues with libido. He performs robotic and specialized surgery addressing pelvic prolapse and incontinence.

DR. GROGEAN earned her undergraduate degree from the University of Michigan and medical degree from the UConn School of Medicine, where she also completed her residency. She says, "There have been so many advances in the past 10 years in GYN alone," including minimally invasive and robotic surgery to treat menorrhagia, chronic pelvic pain, fibroids and other gynecological ailments. She focuses on abnormal pap smears and colposcopy, "a great tool for prevention of cervical cancer." Fluent in Spanish and an avid runner, she plans to complete marathons in all 50 states within the next 20 years.

SPECIALISTS IN WOMEN'S HEALTHCARE

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SANJAY K. GUPTA, M.D., FRCS, FRCS (ORTH)

DR. SANJAY GUPTA graduated JIPMER, a top medical school in Pondicherry, India. He completed his orthopedic residency and earned a master's in Orthopedic Engineering from the University Hospital of Wales in Cardiff. He completed a fellowship in hip and knee reconstruction at the Hospital for Special Surgery and Lenox Hill Hospital. A clinical assistant professor at the University Of Vermont School Of Medicine, he serves as chief of section of orthopedics and medical director for joint replacement at Danbury Hospital.

Dr. Gupta specializes in adult reconstruction of the hip and knee including complex primary and revision joint replacement surgery. His clinical interest is in robotic assisted knee and hip replacement surgery. He is one of the few surgeons who offers outpatient joint replacements. This rapidly evolving concept, he claims, is "good for the patient who is otherwise relatively healthy and economical." With minimally invasive techniques, advances in pain management and rapid rehabilitation protocol, he can send patients home within few hours of their outpatient joint replacement surgery.

Medical School Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) Hospital Danbury Hospital Organizations American Association of Orthopedic Surgeons, American Association of Hip and Knee Surgeons, Intercollegiate Specialty Board (Fellow) of the Royal College of Surgeons (Glasgow)

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Sanjay Gupta, M.I Orthopaedics

LUCI A. JUVAN, M.D.

DR. LUCI JUVAN, a physiatrist at Gaylord Hospital, graduated from the Sophie Davis School of Biomedical Education of the City University of New York in an accelerated seven year B.S./M.D. program with Mount Sinai School of Medicine. She completed her residency at the University of Medicine and Dentistry of New Jersey and Kessler Institute for Rehabilitation. She is board-certified in physical medicine and rehabilitation.

"The goals of physiatry," she explains, "are to maximize health and functional capacity in our patients. I look at the big picture when seeing patients with musculoskeletal issues, (neck, back or knee pain), spasticity management (oral medication, injections, pumps), nerve injuries, neurologic disorders (stroke, brain injury), and/or muscle (tendonitis or overuse injury). My goal is to educate my patients so that they prevent re-injury and empower my patients to make necessary lifestyle changes for their health. I try to provide my patients with available resources, as individuals may have financial constraints. I advocate for my patients and for their further rehabilitation. I try to educate my patients about self-advocacy."

Medical School Icahn School of Medicine at Mount Sinai, formally known as the Mount Sinai School of Medicine Hospital Gaylord Hospital Organizations American Academy of Physical Medicine and Rehabilitation, Connecticut Society of Physical Medicine and Rehabilitation, New Haven County Medical Society

LUCI A. JUVAN. M.D.

Gaylord Hospital, 50 Gaylord Farm Rd., Wallingford • (203) 284-2845 • gaylord.org



JEFFREY N. KAPLAN, M.D.

DR. JEFFREY N. KAPLAN has been honored with a "Top Doctor" award for eight consecutive years from the Consumers' Research Council in the Guide to America's Top Ophthalmologists. After completing his ophthalmology residency at Downstate Medical Center in New York City, he joined world-renowned ophthalmologist Dr. Seymour Dubroff in the Washington, D.C. area. He teaches other ophthalmologists the latest surgical techniques and intraocular lens implantation.

Dr. Kaplan has performed more than 13,000 cataract surgeries. He offers patients specialty intraocular lenses including the Toric lens to correct astigmatism and multifocal intraocular lenses to eliminate or reduce the need for reading glasses after cataract surgery. "Doctors and patients have different choices when it comes to the type of lens that is implanted during cataract surgery," he notes. "There are definite differences in each....People with glaucoma or macular degeneration may not be good candidates for multifocal lenses, which cut some light. I take the time to make sure that I can maximize the outcome and that the patient's goals and mine coincide."

In addition, Dr. Kaplan, working in collaboration with his partner Dr. Jeffrey Sandler, specialize in providing comprehensive and routine medical eye care including glaucoma, macular degeneration, diabetic eye disease, dry eye and contact lens challenges.

Medical School Stony Brook University School of Medicine Hospital Bridgeport Hospital Organizations American Board of Ophthalmology (Diplomate) American Academy of Ophthalmology, American Medical Association, Fairfield County Medical Society, Connecticut Society of Eye Physicians

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ANYA KISHINEVSKY, M.D.

DR. ANYA KISHINEVSKY is the go-to doctor for reconstructive and cosmetic plastic surgery due to her exceptional training with prominent, respected cosmetic surgeons, her talent and her dedication. She graduated with honors from Johns Hopkins University and earned her M.D. from Albert Einstein College of Medicine. She completed residencies in general surgery and plastic surgery at Montefiore Medical Center and Yale-New Haven Hospital, respectively.

Dr. Kishinevsky has worked on high profile facial reconstruction cases throughout Fairfield County. She is available 24/7 to treat people of all ages who have had facial injuries. She uses the newest, advanced and proven techniques for breast reconstruction, including microsurgery, purified fat transfer, implants, and muscle flaps with minimal scarring. She offers a full range of cosmetic procedures to help patients look better, yet natural, from head to toe. She educates patients about all options to achieve their best outcome. Warm and caring, she welcomes patients for consultations in her new beautiful state-of-the-art office with river views in Norwalk.

Medical School Albert Einstein College of Medicine Hospitals Bridgeport Hospital, Saint Vincent's Medical Center, Norwalk Hospital, Greenwich Hospital Organizations American Medical Association, American Society of Plastic Surgeons, American Medical Women's Association

148 East Ave., Ste. 3H, Norwalk • (203) 388-9919 55 Walls Dr., Ste. 405, Fairfield • (203) 388-9919 • anyakishinevskymd.com

ANYA KISHINEVSKY, M.D.



DR. JONATHAN KOST is the founder and medical director of the Hartford Hospital Pain Treatment Center and The Spine and Pain Institute at Midstate Medical Center. He completed his anesthesiology residency at Beth Israel Medical Center in New York City and interventional pain management fellowship at Brigham Women's Hospital in Boston. He is board-certified in anesthesiology and pain management, and cofounded the Connecticut Pain Society.

Dr. Kost's relieves patients' pain and restores their functional level in the only multidisciplinary (medical, rehabilitative and behavioral treatments) pain treatment center in Connecticut. The center has some of the most cutting edge treatments for pain available in New England. He offers Calmare nerve treatment, radiofrequency nerve treatment, spinal cord stimulator implants, ultrasound guided nerve blocks, PRP injections, Botox injections for migraines and muscular spasticity, and low level laser therapy. Treatments that will soon be available include stem cell injection therapy and Ketamine infusions. All treatments are utilized to increase patients' functional state, reduce pain and reduce dependency on pain medications.

Residency Beth Israel Medical Center and Brigham and Woman's Hospital Hospitals Hartford Hospital, Midstate Medical Center Organizations Connecticut Pain Society, American Society of Interventional Pain Physicians

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MICHAEL KRALL, M.D.

DR. MICHAEL KRALL has practiced allergy and immunology in Hartford for over 30 years. He received his medical degree from Thomas Jefferson Medical College. He completed a fellowship in pediatric allergies at Jefferson University Hospital in Center City, Philadelphia in a program modeled on protocols for allergies and respiratory diseases at Denver's National Jewish Hospital.

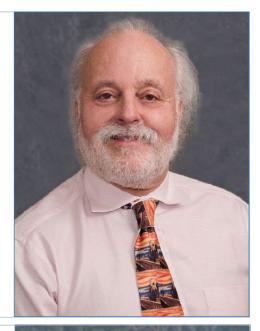
Dr. Krall suffered from asthma since infancy and truly understands what patients go through. Thanks to medical advances, most children today are not hospitalized for asthma, as they were when he studied allergy and immunology. "I love my job," he says. "I love to go to work each day. I give everything I have during the day. It's a privilege to do this job." His wife, Elizabeth, is an artist and teaches Zentangle. His daughter, Sophie, graduated from Hofstra and is a coordinator for Paramount Pictures. His son, Max, graduated from Berkley Cal Tech with a degree in bioengineering and is working in a pediatric genetics lab at the University of California.

Medical School Thomas Jefferson Medical College Hospitals St. Francis Hospital and Medical Center, Hartford Hospital, Eastern Connecticut Health Network, Connecticut Children's Medical Center Organizations American Academy of Allergy, Asthmas and Immunology, New England Society of Allergy, Connecticut State Medical Society, Hartford County Medical Association

ALLERGY ASSOCIATES OF HARTFORD, PC

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SETH LERNER, M.D.

DR. SETH LERNER was a history major at Columbia College before studying medicine at Boston University. After his internship at Long Island Jewish Hospital in New York, he completed his residency in dermatology at the University of Iowa Hospitals and Clinics. He has developed and patented a surgical instrument known as the Lerner Skin Hook. Dr. Lerner is on staff at Bridgeport Hospital and is an assistant clinical professor of dermatology at the Yale School of Medicine.

Early cancer detection is a prime focus of Dr. Lerner's practice. Recently, he served as an investigator in a multicenter study for the development of a computerized system to identify early melanoma. His practice also offers an array of cosmetic treatments as well as sensitive care for its patients suffering from a variety of skin diseases. After more than 20 years in Connecticut, Dr. Lerner "enjoys working in a practice that caters to children and adults offering personalized care suited to each individual's needs."

Medical School Boston University School of Medicine Hospitals Yale-New Haven Hospital, Bridgeport Hospital Organizations American Academy of Dermatology (Fellow), American Society for Dermatologic Surgery (Fellow), Fairfield County Medical Association

ADULT & PEDIATRIC DERMATOLOGY SPECIALISTS, PC

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KENNETH R. MAUER, M.D., FACP, FACG, FAGA STRICK J. WOODS, M.D.

GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD, P.C. delivers cutting-edge medical care for a full range of gastrointestinal problems including indigestion and heartburn, chest pain, gall bladder and ulcer disease, irritable bowel syndrome, colon and pancreatic cancers, Crohn's disease, ulcerative colitis, liver disease and hepatitis. It was the patients' digestive tracts through a tiny camera swallowed by patients. It was the patients' digestive tracts through a tiny camera swallowed by patients. It has an accredited ambulatory surgery center for outpatient endoscopies and colonoscopies. We recently incorporated FUSE scope technology into our Endoscopy Center.

KENNETH MAUER, M.D. graduated from New York University School of Medicine

and completed his fellowship in gastroenterology at Mount Sinai Medical Center. He has expertise in endoscopic retrograde cholangiopancreatography, capsule endoscopy and diagnosing and treating Crohn's disease and ulcerative colitis. He is a Fellow of the American Board of Internal Medicine, the American College of Gastroenterology and the American Gastroenterological Association. Dr. Mauer is Section Chief, Division of

Gastroenterology at St. Vincent's Medical Center.

STRICK WOODS, M.D. graduated from the Bowman Gray School of Medicine at Wake Forest University in North Carolina. He completed fellowships in gastroenterology at Yale and New York Medical College. Dr. Woods has expertise in colonoscopy, endoscopy and general gastroenterology as well as clinical research. In addition, Dr. Woods is active in the community, serving as an advisor and board member for several local care-oriented organizations. He is board certified in gastroenterology.

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RAJI MULUKUTLA, M.D.

DR. RAJI MULUKUTLA received her Master's Degree in Public Health from Johns Hopkins University and went on to attend medical school at Ohio State University. During this time she developed an interest in ophthalmology and ultimately completed an ophthalmology residency at Temple University Hospital in Philadelphia. Dr. Raji has been practicing in central Connecticut for over 20 years.

Dr. Raji's surgical practice is focused on advanced cataract surgery, including complex cases and placement of advanced technology intraocular lens implants. She has done over 7000 small-incision cataract surgeries, and is now performing state-of-the-art, laser assisted cataract procedures. Her other interests include laser treatments for glaucoma, treatment of diabetic retinopathy, and cosmetic procedures such as Botox, fillers, and upper eyelid surgery. Dr. Raji believes that whatever the procedure, a successful outcome depends as much on the quality of communication between physician and patients as it does on the surgeon's skill. "I love my job, and consider it a privilege to work with my patients to improve their quality of life."

Medical School Ohio State University College of Medicine Hospital Hartford Hospital, Middlesex Hospital Organizations American Academy of Ophthalmology, American Society of Cataract & Refractive Surgeons, Connecticut State Medical Society, Middlesex County Medical Association (Past President), Connecticut Society of Eye Physicians

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MICHAEL P. NOONAN, M.D.

DR. MICHAEL NOONAN graduated from Williams College magna cum laude with a degree in chemistry. He was a member of Phi Beta Kappa. He earned his medical degree from New York University School of Medicine. He did his internship at Yale, concentrating on pediatrics, and completed his dermatology residency at George Washington University School of Medicine. He is board-certified in general and pediatric dermatology.

Dr. Noonan is on staff at Bridgeport Hospital and is assistant clinical professor of dermatology at Yale University School of Medicine. As the father of four children, he understands parents' concerns about skin issues such as eczema, warts, rashes and acne. He also treats adults who have moles and skin cancer and tries to see patients fairly quickly, even when the practice is very busy. With his three colleagues at Adult & Pediatric Dermatology, he can offer patients the most advanced proven techniques to treat various skin conditions.

Medical School New York University School of Medicine, George Washington University School of Medicine Hospitals Yale-New Haven Hospital, Bridgeport Hospital Organizations American Academy of Dermatology, American Medical Association, Fairfield County Medical Association, Connecticut State Medical Society, Society for Pediatric Dermatology

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DAVID PASSARETTI, M.D., FACS

DR. DAVID PASSARETTI is a board-certified plastic surgeon specializing in both cosmetic and reconstructive surgery. He graduated cum laude in biology and classics from Union College and earned his medical degree from Tufts University School of Medicine. He completed a six-year residency at the University of Cincinnati's Division of Plastic, Reconstructive and Hand Surgery and a research fellowship at Mass General Hospital.

"No one should ever look as if they had surgery," says Dr. Passaretti. "The result should be a natural-looking enhancement. Cosmetic surgery can give you added confidence and improve the quality of your life." His expertise in cosmetic and reconstructive breast surgery, body contouring (including post-bariatric surgery) and facial surgery brings many referrals from doctors in the community. Nonsurgical procedures such as injectables and laser are also options. "My patients receive the highest quality care at our accredited, statelicensed ambulatory center in Darien," he says, "with safety being my top priority."

Medical School Tufts University School of Medicine Organizations The American Society of Plastic Surgeons, The American Society of Bariatric Plastic Surgeons, American College of Surgeons



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JENNIFER W. PENNOYER, M.D.

DR. JENNIFER PENNOYER earned her B.A. from Harvard University and medical degree from UConn School of Medicine. She further trained in UConn's integrated residency program and completed her dermatology residency at Dartmouth Hitchcock Medical Center. She is board-certified and a fellow of the American Academy of Dermatology and an associate clinical professor at UConn School of Medicine.

She is at the forefront of comprehensive medical, cosmetic and laser dermatology. With one of the most robust offerings of clinical lasers and other FDA-approved technologies, she is typically the first local practice to have state-of-the-art advancements. The practice provides cosmetic procedures for the broadest range of issues including several revolutionary, non-surgical fat reduction treatments for double chin, love handles, thighs, and arms.

Her expertise in cosmetic procedures produces natural-looking enhancements. Pennoyer MD Skin Science[®], her exclusive line of skincare products, is based on cuttingedge ingredients that are scientifically proven to be effective and safe. Dr. Pennoyer also specializes in medical and surgical treatment of skin disorders such as skin cancers.

Medical School UConn School of Medicine Hospital Saint Francis Hospital Medical Center Organizations American Academy of Dermatology, American Society for Dermatologic Surgery, Connecticut Dermatology Society

JENNIFER W. PENNOYER, M.D., LLC

47 Jolley Dr., Bloomfield

(860) 243-3020 • drjenniferpennoyer.com



LJILJANA PLISIC, M.D.

 $\label{eq:decomposition} \mbox{DR. LILI PLISIC} \ \mbox{is a graduate of the Sophie Davis School of Biomedical Education at}$ City College of New York and New York Medical College. She is a partner at County Obstetrics and Gynecology and the director of the AIUM-certified Ultrasound program.

County OB/GYN offers a collaborative approach for pregnant patients. The physicianmidwifery team offers one-on-one care during labor and birth. Carol Brekus-Watson, Chief CNM, is joined by Michelle Plyler and Lucy O'Connell on the CNM staff and patient educator, Kim Santagata.

Additional County Ob/Gyn providers include Drs. Norman Ravski, Scott Casper, Adina Chelouche, Cristina Gioioso-Datta, Anna Tirado, and Susan Richman. The physicians are all board-certified in obstetrics and gynecology. They are joined by skilled sonographers Lisa Bevins, Trudi Borkowski and Jill Hazelwood.

Dr. Plisic is deeply compassionate about women's health and welcomes new patients of all ages to County Ob/Gyn. Patients can meet any of the 10 providers in one of their conveniently located offices.

Medical School New York Medical College Hospital Yale Children's Hospital Organizations American Board of Obstetrics and Gynecology (Diplomate), American College of Obstetrics and Gynecology (Fellow) New Haven Obstetrical Society, American Institute of Ultrasound in Medicine

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TERRY F. REARDON M.D.

DR. TERRY REARDON received his M.D. from the University of Virginia School of Medicine. He completed his orthopedic surgery residency at the University of Massachusetts Medical Center and completed a sports medicine fellowship at the New England Baptist Hospital in Boston, the hospital of the Boston Celtics. He is the team physician for the Xavier championship football team and covers the USA Gymnastics team when they perform in Connecticut. Board-certified, he specializes in joint reconstruction and in advanced arthroscopic techniques related to sports medicine.

Dr. Reardon and his colleagues offer the experience of a large medical center in a community setting. He offers patient-specific options because "not one size fits all." He performs minimally invasive hip replacement surgery, partial knee replacements, and treats a wide variety of sports and work-related injuries. He is on the board of directors for the Middlesex Center for Advanced Orthopedic Surgery. He has received numerous awards and recognitions and was recognized by Mayor Dan Drew of Middletown CT for his community service and medical expertise with a proclamation and a day named after him. Medical School University of Virginia School of Medicine Hospitals Middlesex Hospital, MCAOS Organizations American Academy of Orthopedic Surgery, New England Orthopedic Society, Connecticut Orthopedic Society, Connecticut State Medical Society, Middlesex County Medical Association

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DAVID S. ROSENBLUM, M.D.

DR. DAVID ROSENBLUM graduated summa cum laude from the University of Buffalo School of Medicine and Biomedical Sciences and completed his residency in physical medicine and rehabilitation at Columbia-Presbyterian Medical Center. He is the Medical Director of outpatient rehabilitation and spinal cord injury research at Gaylord Hospital in Wallingford.

"People come from all over Connecticut and beyond to Gaylord," he says, "because it is part of a network of 14 national spinal cord injury model systems that pool research and data to help deliver quality, cost-effective care to those recovering from spinal cord injury or illness". He is board-certified in physical medicine and rehabilitation, spinal cord injury medicine, and brain injury medicine, and works with patients dealing with spinal cord injury, severe strokes, multiple trauma, multiple sclerosis, post-polio and other conditions. "In rehab, people often have significant issues with disabilities," he says. "We are here to maximize their ability even in disability."

Medical School University of Buffalo School of Medicine and Biomedical Sciences Hospitals
Gaylord Hospital, Yale-New Haven Hospital Organizations New Haven County Medical Association,
Connecticut Society of Physical Medicine & Rehabilitation, Academy of Spinal Cord Injury Professionals

DAVID S. ROSENBLUM, M.D.

Gaylord Hospital

Gaylord Farm Rd., Wallingford • (203) 741-3348 • gaylord.org



YOU SUNG SANG, M.D., FACG, AGAF

DR. YOU SUNG SANG graduated cum laude from Columbia University and earned his degree from the Icahn School of Medicine at Mount Sinai, NY. He further trained at Beth Israel Medical Center and Nassau County Medical Center, where he completed his gastroenterology fellowship.

In 2015, he and his partner Dr. Kolala Sridhar merged their practice with Connecticut GI, P.C., where they work along with Dr. Tonya Hall, Dr. Vaibhav Mehendiratta, Jeannine Hampton FNP-C, and Patricia Quilter, APRN. Together, this premier gastroenterology practice offers high-quality, comprehensive, compassionate, and innovative GI care delivered by a healthcare team with specialized training to promote a healthier quality of life. "Our expertly trained team will walk you through every step, from initial consultation and diagnosis to treatment," he says. "At our practice, we care about you and your wellbeing." Multi-lingual, he also speaks fluent Cantonese and conversational Spanish.

Medical School Icahn School of Medicine at Mount Sinai Hospital The William W. Backus Hospital Organizations American College of Gastroenterology (Fellow), American Gastroenterological Association (Fellow), Connecticut State Medical Society, New London County Medical Association (past President)

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STEVEN SELDEN, M.D.

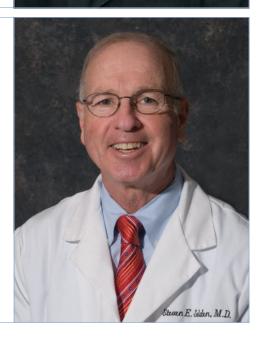
DR. STEVEN SELDEN, a Hartford native, graduated from the Johns Hopkins School of Medicine, where he also completed his internship in surgery. He trained at Massachusetts General Hospital in the Harvard Orthopedic Residency Program and did a research fellowship in orthopedics at Harvard and Children's Hospital in Boston. He specializes in arthroscopic knee and shoulder surgery and sports medicine, and is assistant clinical professor of orthopedic surgery at the University of Connecticut School of Medicine.

Dr. Selden and his fellow physicians offer "state-of-the-art orthopedic care in a warm, caring environment," he says. "Our office staff is known for being courteous and accommodating. We respect our patients and offer personal care." Dr. Selden is also the team physician at Loomis-Chaffee School, a return to his Loomis roots.

Medical School Johns Hopkins University School of Medicine Hospitals Hartford Hospital, Saint Francis Hospital and Medical Center, UConn Medical Center–John Dempsey Hospital Organizations American Academy of Orthopedic Surgeons, Hartford County Medical Association, Connecticut State Medical Society, American Medical Association, Eastern Orthopedic Society

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PHILIP SIMKOVITZ. M.D.

DR. PHILIP SIMKOVITZ is a specialist in pulmonary diseases and critical care medicine. He earned his medical degree from Boston University. Following his internship and residency at the University of Connecticut, he completed a research fellowship in sleep medicine. His pulmonary and critical care fellowships were at McGill University, an internationally renowned center for pulmonary diseases.

As a solo practitioner, he has devoted himself to providing compassionate care to those patients who come to him to evaluate a variety of lung and breathing disorders. His expertise includes conditions such as asthma, emphysema (COPD), sleep apnea, respiratory failure and lung cancer. Dr. Simkovitz enjoys the multiple facets of pulmonary disease that allow him to interface with many other physicians such as internists, cardiologists, allergists and oncologists. He is honored they have named him a "Top Doc" again.

Medical School Boston University School of Medicine Hospitals Bridgeport Hospital, St. Vincent's Medical Center, Griffin Hospital Organizations American Thoracic Society, American College of Chest Physicians

PHILIP SIMKOVITZ, M.D. 5520 Park Ave., Ste. 202, Trumbull • (203) 365-0577



PRASHANT SONI, M.D.

DR. PRASHANT SONI earned his medical degree at Meharry Medical College in Nashville, Tenn., and did his general surgery residency at New York Medical College. During this time, he saw burn victims and was inspired by the ability to transform people's appearance with a combination of surgery and artistry. He completed his residency in plastic surgery at the University of Utah Health Sciences Center in Salt Lake City and a fellowship in aesthetic plastic surgery at Lenox Hill Hospital/Manhattan Eye, Ear and Throat Hospital.

With Connecticut having the highest incidence of breast cancer, he has devoted his "heart and attention" to reconstructive surgery of the breast. He dedicates the rest of his practice to cosmetic surgery and procedures that involve body sculpting and facial rejuvenation. He does many neck and eyelid lifts and targets "the area that needs the surgical element." Dr. Soni combines minimally invasive surgery with fillers and light chemical peels for results that make patients appear natural.

Medical School Meharry Medical College Hospital Affiliation Danbury Hospital, New Milford Hospital Organizations American Board of Plastic Surgery, American Board of Surgery, Fairfield County Medical Association (Associate Fellow), American College of Surgeons (Diplomate), American Society of Plastic Surgery, Surgical Society of the New York Medical College

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RICHARD JUSTIN THOMS, M.D., FAAOS

DR. R. JUSTIN THOMS graduated from Kenyon College with a B.A. in chemistry and philosophy. After graduating Weill Cornell Medical College, he did his internship and residency at North Shore-LIJ in New York. He completed the Aufranc fellowship in adult reconstructive surgery at the New England Baptist Hospital in Boston. He is co-director of the Joint Replacement Center at Lawrence + Memorial Hospital in New London.

Dr. Thoms practices at Orthopedic Partners, specializing in orthopedic treatment of arthritis for knees, hips, and shoulders. This includes nonsurgical treatment modalities as well as a high volume of knee, hip, and shoulder replacements. His experience enables his patients to have better outcomes after joint replacements with lower complication rates and less pain. "The goal is to get people enjoying their life without pain from arthritis. For some patients, surgery is the best option." He also performs revision surgery for patients who have had previous surgery, including joint replacements that have worn out or failed.

Medical School Weill Cornell University Medical College Hospital Affiliation Lawrence & Memorial Hospital Organizations American Association of Orthopedic Surgeons

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TITO L. VASQUEZ, M.D., FACS

DR. TITO L. VASQUEZ specializes in aesthetic plastic, reconstructive and hand surgery. He graduated from Trinity College and New York Medical College. He served as medical officer in the U.S. Navy, as well as the Marines Battalion Surgeon in Okinawa, Japan. Dr. Vasquez is double board-certified in general surgery and plastic surgery, completing his residency from Nassau University Medical Center and the Long Island Plastic Surgery Group. He completed a hand and microsurgery fellowship from the Hospital for Special Surgery in New York.

Dr. Vasquez is a member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. He serves on the Medical Executive Board at Yale New Haven Health Bridgeport Hospital and on the Committee for Emerging Trends at the ASPS. He is passionate about cosmetic breast surgery, facial aesthetics, body contouring and no-drain tummy tuck. He offers non-invasive fat reduction services, injectables and laser treatments. Dr. Vasquez and his staff offer a compassionate and comfortable environment in his Southport location.

Medical School New York Medical College Hospital Yale New Haven Health Bridgeport Hospital, Norwalk Hospital, Surgery Center of Fairfield County Organizations American Society of Plastic Surgeons, American College of Surgeons (Fellow), American Society for Aesthetic Plastic Surgery, Connecticut Society of Plastic Surgeons, Fairfield County Medical Association

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ANDREW E. WAKEFIELD, M.D., FAANS

DR. ANDREW WAKEFIELD earned his BS in pathobiology and MS in pathobiology/ immunology from UCONN and medical degree and interned in general surgery and did his residency in neurosurgery at UCONN. He further trained at the University of New Mexico Hospital in Albuquerque and also completed a fellowship in spine surgery at the Cleveland Clinic. Each year he returns Cleveland Clinic as faculty to participate in a hands on spine course.

Dr. Wakefield treats all spine conditions; specializing in minimally invasive and complex spine surgery to treat spinal disorders and tumors. In solo practice, he is also associate director of the Department of Neurosurgery and co-director of the Spine Center at Hartford Hospital, which he praises for a rare "true collaboration between intervention radiology and neurosurgery" and "orthopedics and neurosurgery". He says, "Collegiality is what breeds quality. The patient is at the center of that collaboration {and it} optimizes outcomes," He has helped organize and led 11 medical missions at the Hospital Nacional Daniel A. Carrión in Lima, Peru to perform surgery and train local physicians. Dr. Wakefield has lectured internationally at the Egyptian Orthopaedic Association, Cairo, Egypt.

Medical School University of Connecticut School of Medicine Hospitals Hartford Hospital, St. Francis Medical Center, Mid-State Medical Center Organizations American Association of Neurological Surgeons (Diplomate), American Board of Neurological Surgeory (Fellow), Congress of Neurological Surgeons, Council of State Neurosurgical Societies (Northeastern Quadrant Chair) American Medical Association, Connecticut Pain Society, New England Neurological Society (Board Member), Consecutive Medical Content of Connecticut Pain Society, New England Neurological Society (Board Member), Consecutive Medical Content of Connecticut Pain Society, New England Neurological Society (Board Member), Consecutive Medical Content of Connecticut Pain Society, New England Neurological Society (Board Member), Consecutive Medical Content of Connecticut Pain Society, New England Neurological Society (Board Member), Consecutive Medical Content of Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut Pain Society (Board Member), Connecticu necticut State Medical Society, Neurosurgical Society of Connecticut (President), Suffield Volunteer Ambulance Board (President)

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ABRAHAM C. YALE, D.P.M., F.A.C.F.A.S.

DR. ABRAHAM YALE, a Connecticut native, earned a B.A. in biology at Wesleyan University and graduated cum laude with a B.S. and D.P.M. at the Illinois College of Podiatric Medicine. He completed his residency in podiatry at the Hugar Surgery Center in Chicago and is board-certified in foot surgery. He is in his 35th year of private practice, with locations in Fairfield, North Haven and Greenwich.

Dr. Yale uses the newest, proven technology "to its fullest" to help patients get relief from foot pain. Examples include laser treatment for toenail fungus, a safe alternative to oral medications without possible side effects and no downtime, breakthrough Dermagraft technology to heal wounds in diabetics and help avoid the need for surgical intervention, and weekly treatments with shock wave therapy to treat heel pain within a few months. He partners with superior labs to produce custom-molded orthotics with an 90 percent success rate.

Medical School Illinois College of Podiatric Medicine Hospital Affiliation Bridgeport Hospital Organizations American College of Foot and Ankle Surgeons (Fellow), Fairfield County Podiatric Medical Association, Connecticut Podiatric Medical Association, American Podiatric Medical

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ROXANNE F. ZARMSKY, M.D.

DR. ROXANNE ZARMSKY received her B.A. with high honors in chemistry from Vassar College. She earned her medical degree from the University of Connecticut School of Medicine. She completed her internship at Hartford Hospital and her residency in anesthesiology at Yale-New Haven Hospital, where she did subspecialty training in obstetrical anesthesia and thoracic and vascular anesthesia. She remained on staff as an assistant clinical professor before joining Woodland Anesthesiology Associates.

Although Dr. Zarmsky does all types of anesthesia, her special interests are cardiac anesthesia and obstetrical anesthesia. "I truly enjoy taking care of the sickest patients undergoing the most major of surgeries and helping the team achieve outstanding outcomes.

"For many, OB anesthesia is an afterthought," says Dr. Zarmsky. "However, I believe strongly that the anesthesiologist can be an important contributor to an outstanding patient-centered birthing experience. The ability to relieve pain through the use of regional anesthesia and allow the mother to experience the birth process without any clouding of her memories is truly a great thing."

Medical School University of Connecticut School of Medicine Hospitals St. Francis Hospital and Medical Center, Johnson Memorial Hospital Organizations American Society of Anesthesiologists, Society of Obstetrical Anesthesiologists and Perinatologists, Society of Cardiovascular Anesthesiologists, Connecticut State Society of Anesthesiologists, Connecticut State Medical Society

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KAYE ZUCKERMAN, M.D.

DR. KAYE ZUCKERMAN received her undergraduate degree with honors from Yale University and her medical degree from Cornell University Medical College. She completed her internship and residency in surgery at the University Health Center of Pittsburgh. An assistant clinical professor of surgery at the Yale University School of Medicine, she is part of the mentoring program for third-year medical students on general-surgery rotations and residents. She is certified by the American Board of Surgery, is a fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons.

Dr. Zuckerman is in private practice at Surgical Associates of New Haven, which is affiliated with Yale-New Haven Hospital and the Yale School of Medicine. The co-author of several publications, she works in breast surgery, general surgery, laparoscopic surgery and emergency surgery. "I make what can be a difficult time for patients a little easier by being informative and straightforward while using some humor," she says.

Medical School Cornell University Medical College Hospitals Yale-New Haven Hospital, Hospital of Saint Raphael Organizations American Board of Surgery, American College of Surgeons (Fellow), American Society of Breast Surgeons

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You can trust that your family's health and well-being is our priority as we work on our mission of building a local, healthy, sustainable food community. This community center, New Morning, is brimming with life, joy and great expecta tions for the future. And we are so grateful to be a part of it, with all of our longtime friends and new acquaintances. We look forward to our future together!

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Breakout Success

EXCELLENT MENU, ATMOSPHERE PROVES A WINNING FORMULA AT THE LOCKUP IN SALISBURY

BY ERIK OFGANG



T FIRST GLANCE, the name The Lockup may conjure images of a cell with metal bars or a game played by overly enthusiastic fans of *Fifty Shades of Grey*, but it's actually a wonderful new restaurant in Salisbury.

On a visit on a Sunday evening, all the reservations for tables are full. Fortunately, seating at the bar is first-come, first-served. We're led around the corner through the casual-but-elegant dining room area at the front of the restaurant, to an uber-classy bar and lounge space. There are plush sofas, and red-hued lighting casts a warm glow on wooden walls dotted with tastefully risqué artwork. In the back there's an ornate pool table. The bartender explains that the most popular cocktail is a martini, which seems



The Lockup Salisbury

fitting. This ambiance is matched by a meal that left us eager to return for future visits.

Husband-andwife team Eric and Liz Macaire opened The Lockup last Thanksgiving. The restaurant-industry veterans previously

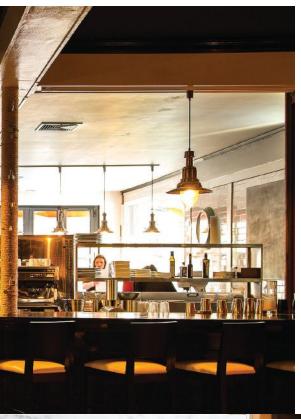
opened Bottle Tree in nearby Ancram, New York, and Eric was the co-founder of several other successful restaurants, including The Bubble Lounge locations in New York and San Francisco, both hotspots where more than 300 varieties of Champagne and sparkling wine are served.

"We love conviviality and are passionate about what we do in our restaurant," Eric says, when contacted after the visit. "For us, space and cuisine are equally important."

To that end, Eric, who is also an architect, redesigned and reimagined the downtown location that had previously served as a clothing store and market, but never as a restaurant. The result is a space that is as much a part of the restaurant's character as any of the dishes served.

That's not to say the layout overshadows the food. The Macaires brought on chef Kevin Daley to run the kitchen, and Daley's menu is rich in variety and flavor. Highlights of the meal included the soup of the day, which on our visit is a mind-bogglingly good potato leek soup, and chicken ragout (tender braised chicken legs, served over a bed of carnaroli rice, golden raisins, hazelnuts, Taggiasca olives, capers and tomatoes with pieces of airline chicken breast mixed into the rice). "For creamy, rich, textured risotto, we use carnaroli rice," Eric says of the chicken ragout. "We mix





the ragout in with the rice while slowly adding chicken stock. Once the rice is al dente, but creamy, we turn off the heat and stir in butter. It is topped with an airline chicken breast."

Other standouts included the fettuccine bolognese, with a pork, veal and beef sauce served over the restaurant's pasta, which is house-made daily, hand-cut and served al dente. Also impressive, on the appetizer front, is the roasted beet salad (served with spinach, almonds and goat cheese) and the salmon crudo with Cretan olive oil, hazelnuts and beets.

Other menu items that seemed appealing (that we didn't order) included the rabbit agnolotti (an appetizer pasta dish with braised rabbit, carrot-top pesto and shaved carrots) as well as the steakhouse-style portion of the menu, which features

Opposite page, from top: The bar area at The Lockup; fettucine bolognese (left) and grilled octopus: the restaurant exterior.

This page: Crème brûlée trio; Lockup owners Eric and Liz Macaire.

various cuts of steak, as well as tuna, salmon and chicken paillard.

Dessert was another winning course. We sampled the crème brûlée trio, a holy trinity of three different crème brûlée flavors, and a goat cheese cake. Both had the right amount of sweetness, allowing various textures and tastes to shine through beyond mere sugar.

Many guests stopped by the bar and lounge for a drink before heading to their table — a wise course of action. The wine list is curated by the owner of the wine store next door, and vintages from nearby New York wineries are highlighted. The craft beer list featured several Connecticut options as well as strong regional craft beers, including a brew from Allagash in Portland, Maine. The cocktails are also a strength, and the Locked Up Gimlet, which features Grey Lock Ethereal Gin from the nearby Berkshire Mountain Distillers, was well-crafted and enjoyable.

At the back of The Lockup is, surprisingly, a gaming area that is home to a foosball table and a video game room with various TVs and consoles guests can play. While wholly unexpected, this area is a perfect example of the place's sophisticated, yet fun and unpretentious, atmosphere. "Having young children of our own, we understand that children don't necessarily enjoy a long stay at the table," Eric says. "With the kids' lounge, children can entertain themselves while the parents can fully enjoy their lunch or dinner."

Getting to Salisbury may be a trek for some readers, but the picturesque New England town bordering Massachusetts is worth visiting. Main Street is quaint and charming, with several intriguing storefronts, and the surrounding scenery on our way in was postcard worthy.

The Lockup derives its name from the street that runs adjacent to it, not from any locked-up rooms or prisonthemed touches. But, if you had to be forcibly constrained, The Lockup Restaurant would be one of the better places to be, well, locked up.



The Lockup

19 Main St., Salisbury 860-596-4371, thelockuprestaurant.com Hours: Thu. 5-10 p.m., Fri. & Sat. 11:30 a.m.-10:30 p.m. (bar and lounge open till 1 a.m.), Sun. 11 a.m.-4 p.m. Closed Mon.-Wed.

Price range: Appetizers \$8-\$16 (soup of the day \$8, salmon crudo \$15); entrées \$15-\$29 (chicken ragout \$24, fettuccine bolognese \$28). Wheelchair accessible

AMBIANCE It doesn't get much cooler or classier than the bar and lounge area, which has an old-school Manhattan bar feel. This is matched by the casual elegance of the main dining area. In the back is a game room for children and adults, a great touch.

SERVICE We sat at the bar, and our bartender/waiter was friendly, attentive and helpful in answering questions. Realizing we were not from the area, he shared some local knowledge with us and provided tips for enjoying Salisbury's yearly ski jump fest, which we'd missed by a week.

FOOD The Lockup's combination of Italian with some French cuisine thrown in may be hard to classify, but it is easy to enjoy. We gleefully devoured a variety of dishes, finding none we did not enjoy and several we absolutely loved. The Lockup seems like it is destined to become a major player on the Connecticut dining scene.

'You Don't Need Ears to Cook'

PRIMED FOR CONNECTICUT COMPETITION, DEAF CHEF KURT RAMBORGER TAKES US INSIDE HIS KITCHEN

BY MARYELLEN FILLO

It's a big year for the American School for the Deaf in West Hartford. The trailblazing school for the hearing impaired is celebrating its 200th anniversary with a yearlong agenda of events ranging from a gala and triathlon to a historical exhibit, bike tour, conference and alumni celebration. Among the dozens of events is one that is guaranteed to bring smiles and appetites, as well as a feast for the eye: the Iron Deaf Chef Culinary Cook-Off, a free event on April 28 at 7 p.m. at the school's Rockwell Auditorium. The culinary competition pits ASD's own culinary guru, Curt Hayward, against Kurt Ramborger, known as "The Irish Chef." Profoundly, or totally, deaf, the native of Ireland didn't let a disability stop him as he pursued a culinary career that includes a stint on the reality cooking competition show Chopped, and then his own television cooking show. Ramborger, a father of two who now lives in Washington, D.C., through email shared his droll humor and some insightful information on how he achieved success in the kitchen and beyond.

How did you first become interested in cooking?

I grew up in kitchens of my deaf Ma and Irish Gramma. I never thought I would become a chef until I landed an odd job as a dishwasher during my college years. Since I'm kind of a pyromaniac, growing up I found that I could play with fire and food in a safe way. Got hooked in the kitchen with passion ever since.



Kurt "Irish Chef" Ramborger PHOTO BY PAUL RUTOWSKI

Did you ever doubt whether you could pursue such a career given your disability? Were there mentors along the way who helped you become a successful chef?

I always wanted to be a marine biologist. In my college years, I found out that I could not, due to my profound deafness. That was my first disability barrier. I accidentally found a kitchen world where there were a lot of Hispanic workers and we communicated in body gestures easily. Now I either use gestures or write in English to communicate back and forth. I have had four mentor chefs who took me under their wings and taught me everything

Banh mi

PHO SAIGON, WEST HARTFORD

Along an industrial stretch of plazas and auto parts stores on West Hartford's New Britain Avenue, a culinary delight hides in plain sight. Devotees of the Vietnamese banh mi sandwich are often fanatical, and will travel for a good offering. The banh mi at Pho



Saigon is worth traveling some serious distance for. In some of the culinary mixing often attributed to



French colonialism in Vietnam, the banh mi is a sandwich filled with traditionally Vietnamese ingredients, like cilantro, pickled carrots and various cuts of meat, served on a fluffy, airy French baguette. The result is a sandwich that would satisfy any lover of the Connecticut classic, the grinder. While the pork tenderloin was wonderful, the beef banh mi was truly extraordinary, with fresh, warm bread, and practically sizzling cuts of flavorful beef. In the last several months, Pho Saigon relocated into its current space from a smaller location next door. With a Vietnamese iced coffee to wash it down, this mixture of familiar and unfamiliar tastes is a wonderful lunch, or even part of a larger meal.

860-953-1122 | MICHAEL LEE-MURPHY |

they know about foods, how to run the kitchen and manage the business. They saw the potential in my talents in their kitchen because they don't see my deafness as a barrier in their kitchen. It took me seven years of "selfteaching" before I became a successful chef.

It is said that when you lose one sense, the others make up for it. Is being able to hear important to cooking and which of your senses went into high gear when it comes to your creations in the kitchen?

I've been born profoundly deaf from deaf parents. I never looked at myself as a disability because I have heightened my four senses. Plus I have "ass-sense," where I feel the vibration of sound whenever I sit! Kidding aside, I know I have more peripheral sight, sensitive smell and uncanny tastes than normal "hearing" people. Because in my 20-plus years in the kitchen world, all chefs or workers always depend on my tasting before finishing their recipes. I've always said, "You don't need ears to cook," because sound has nothing to do with preparing the dish. Sounds usually are yelling, hearing the oven timer, or dropping stuff. Like I said, I have more peripheral sight that I can see what people are [doing] around me to know what's going on in the kitchen.

I am intrigued by the fact that you were on Chopped. I recall when MasterChef had a winner who was blind and it was amazing. What did you make and how did you fare?

I was kinda lucky to get an invitation from Chopped through social media and the "Hottest Chef in America" competition. If not for that, I probably wouldn't even be in their show, even though I applied three times before. My main purpose to be on Chopped was to show that I can be equal with a "hearing" professional chef. In their season 15 episode, titled "Better Saffron Than Sorry." I prepared the appetizer with four surprise ingredients: añejo tequila, mussels, saffron and blue cheese-stuffed olives. I cooked mussels with tequila and saffron sauce and saffron crostini over rice noodles. In the entrée round, the four surprise ingredients were lamb fries (testicles), amaranth leaves, blackberries and curd chilies. I cooked braised lamb fries with red wine blackberry sauce and mozzarella.

Chopped was the No. 1-rated show on the Food Network at that time and my appearance on June 4, 2013, had a 17 percent-increased rating that night. The impact was very high, as many deaf people started going to culinary school and more of the deaf were hired. The ServSafe Food Handler company contacted me about how to have a better test process for deaf people who want a food-handler's permit. I suggested signing language for their online testing. I was honored as Deaf Person of the Year by Deaf Life magazine in 2013.

Let's get to this Hottest Chef thing. And are vou single?

Heh, not only won in the Austin competition, but won in national social media voting versus 17 other cities for The Hottest Chef award. You can check eater.com and type my name in their search. And I'm a happy single pappy of two teenagers. I've been too busy to have any prospective partner as I've traveled a lot for the past several years in America and Europe.

What makes you unique as far as your culinary prowess?

I would say it's my humbleness and charisma outside the kitchen world. In the kitchen, people respect me as a chef because I believe in teamwork first and being tough yet fair in working with them. I like to be a mentor to them, as I had four mentors who took their time and patience with me. I always strive for them to be successful after they leave my kitchen to pave their way to a chefdom.

Beyond your culinary ability, clearly you are a role model. What's your message to kids who think a disability or shortcoming keeps them from doing what they want?

Here's my own quote: You called us disabled. But it doesn't own us! I call ourselves DEAFbility. Because we can be anything ... without sound nor voice! I always encourage kiddos that they can pursue their passion to be whatever they know they can be with their passions. We have modern technology where we can communicate. Not like what my deaf parents and I went through. There was no technology available for a medium of communication with hearing people. I'm living proof that barriers can be broken when there is passion.

You are cooking a special dinner. What would you make, and if you could have any people as guests, alive or dead, who would be joining you at the table?

In my many years as chef, one word I really hate is "VIP." I always believe in my dishes to serve anyone because we all are human and bleed the same color. In my homestyle dinner, I never created the same dish twice. I would go out on a food run with my current mood and fresh produce in my hand to create something out of it. But if you're going to twist my arm, I'd love to have an American poet, Jim Morrison; a baseball idol of mine, Reginald Jackson; legendary fantasy writers J.R.R. Tolkien and Robert Jordan: and my favorite actor and actress, Tom Hanks and Meg Ryan. It would be in my future bed and breakfast in Seattle serving them my sustainable produce from pasture into a pan-Asian fusion cuisine.

Your cook-off here in Connecticut will be against ASD's Curt Hayward, and hey, the guy can cook! And he's a former cop. What's your secret weapon going to be?

Oh, he was a cop, hmm ... My two cousins are California Highway Patrol and chief fireman. Like I mentioned, all of us are just humans with our passion jobs. My secret weapon is always my palate and vision when I see the surprise ingredients in front of us.

What is always in your refrigerator? Hot sauces and assorted pickled jars.

What is something most people don't know about you?

Hmmm, now that's a tough question ... I rarely look at the mirror to see who I am. I always go with the flow on a daily basis. Follow where the air blows and water running takes me. (Psst, I'm a mild insomniac with a wry, dry and/or sarcastic sense of humor!)

Iron Deaf Chef Culinary Cook-Off

April 28, 7-9 p.m. American School for the Deaf, Rockwell Auditorium 139 N. Main St., West Hartford Free admission Streamed live at facebook.com/asd1817 asd-1817.org

YPA HANGING HILLS BREWING CO., HARTFORD

This beer's name, which stands for yellow pale ale, has caused a bit of confusion in the beer world. Some wonder if it's a heretofore unheard-of variant on an IPA. It's not; it's simply a pale ale with a yellow appearance. But that doesn't mean it's not deserving of your attention. Pale ales are, generally speaking, light, hoppy beers that are similar tasting but not as hoppy or as high in alcohol content as India pale

ales, aka IPAs. Think of them as the IPA's less-aggressive younger brother. Made with a variety of hops that give it a fruity, wild flavor, this pale ale is approachable and eminently drinkable. It's a wonderful, slight change of pace from more aggressively hopped

beers, and perfect for those who like hops, but are not exclusively drawn to them because of their bitterness.

The YPA is generally available at this Hartford brewery and is also distributed on draft and in cans. Hanging Hills Brewing Co. opened last summer.

860-263-7033, hanginghillsbrewery.com ERIK OFGANG





GENERATION AFTER GENERATION, THESE LOCAL COMPANIES PRODUCE CLASSIC POP TO STAY ON TOP

The growth of the locavore movement has consumers looking for food and drink that comes from as close to home as possible. This has been particularly noticeable in the area's beer scene, but soft drinks, too, have their local partisans: those who prefer to drink soda made here. by people who live here. This is our list of soda that doesn't have to cross state lines to get to you.



AVERY'S BEVERAGES | NEW BRITAIN

The oldest soda company in the state in also perhaps the quirkiest. Founded in 1904 in New Britain, Avery's still makes a range of traditional and old-fashioned soda flavors, like birch beer and sarsaparilla. General manager Rob Metz jokingly describes himself as "chief bottle washer," and says much of the reason Avery's has been around for so long, and continues to have appeal, is that people like the feeling the soda gives them. "They want things that remind them what it used to be like," Metz says; what it used to be like when local businesses proliferated, before the mega-companies owned everything. Metz says that while Avery's is available in states across the country, it tends to favor the mom-andpop outfits. Look for them in independent businesses across the state. Even though Avery's keeps the old methods alive, they are pretty hip to what's happening in the contemporary world.

During the recent presidential campaign season, Avery's released two sodas - Hillary's Hooch (Classified flavor) and Trump Tonic (Make America Grape Again). In the past they have issued small batches of soda flavors referencing other current events, like the NFL's New England Patriots Deflategate controversy and the death of Osama bin

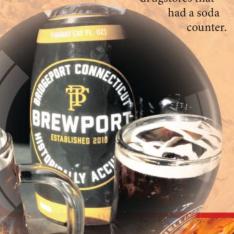
Laden. How do they decide what current events to make sodas about? "Whenever something hits the news cycle for so long that we get sick of hearing about it," Metz says.

860-224-0830, averysoda.com

WELLINGTON'S OLD STYLE ROOT BEER AT BREWPORT | BRIDGEPORT

The focus at this sprawling Bridgeport brewpub is beer. However, brewmaster and co-owner Jeff Browning is extremely proud of the venue's root beer, and with good reason. Inspired by the classic recipes of a bygone era, Browning has created a thick and frothy root beer that is hard to beat. "I developed a recipe in my teen years based on things that my father told me about soda from the '50s," Browning says. "He was a soda jerk in the '50s at [one of] your typical

drugstores that had a soda counter.



He talked about the malted milkshakes and the richer sodas." Inspired by those stories, Browning developed Wellington's Old Style Root Beer with a recipe that utilized brewer's malt in place of some of the sugar. This technique makes the "root beer fuller in your mouth," and "adds a maltiness which is not a sweetness," Browning says. "It's a fuller, richer flavor."

Currently, the root beer is only available at Brewport, but there are plans to distribute it in the future, though that would require different equipment, as root beer can't be canned or bottled in the same machines as beer because it has a higher carbonation level, says Browning. The root beer's popularity has led Browning to consider expanding the soda line. "One of the things we are working with is the potential of doing a cream soda," he says.

In the meantime, guests can enjoy this classic root beer at Brewport, where it is also offered with two scoops of vanilla ice cream, making for a marvelous, and uniquely Connecticut, root beer float.

203-612-4438, brewportct.com



HOSMER MOUNTAIN BEVERAGES | WILLIMANTIC

Bill Potvin and his three brothers have been involved with Hosmer Mountain Beverages in some way or another since 1957, when their father bought the company. Hosmer has been operating in the Willimantic area for more than 100 years, since 1912. With their distinctive labels, local spring water source and philosophy, Hosmer is proudly and thoroughly a product of northeastern Connecticut. Hosmer Mountain Bottling Co.'s original purpose in 1912 was delivering spring water to the many mills that populated the Willimantic area. Today, the mills are gone, but Hosmer Mountain still sells its spring

water, along with a dazzling array of flavored sodas.

The Hosmer philosophy, or at least the one espoused by Bill Potvin, is hostile to what he sees as the corporate

dominance of his industry. The company's "Cola Red" and "Cola Blue" is a deliberate thumbing of the nose to Coca-Cola and Pepsi.

In 2012, when the Occupy movement took to parks and public squares across the country to protest the role of corporate power in American life, Potvin was a big supporter. The philosophy extends to Hosmer's business practice, as the Potvin brothers have maintained a system of reusing, washing and sterilizing the glass bottles that the company distributes its soda in. The company self-distributes, so its soda is mostly available in eastern Connecticut,

> though Potvin says they have delivered farther afield. Bear's Smokehouse BBQ recently started supplying its fountains with Hosmer syrup, bringing the distinctive soda to those outside northeastern Connecticut. 860-423-1555, hosmersoda.com

FOXON PARK BEVERAGES | EAST HAVEN

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When it comes to Connecticut soda, or any beverages for that matter, no brand is more famous, respected and craved than Foxon Park. Unparalleled favorites like the birch beer, root beer and many others have long served as the perfect and oh-so-very-refreshing complement to New Haven-style pizza legends such as Pepe's, Modern and Sally's.

The highly carbonated story begins in 1922 when the company was founded in East Haven by Matteo Naclerio, an immigrant from Italy. Named for the street where the company is

located, Foxon Park quickly became a force in the state's then-very-competitive soda scene, with unusual drinks such as Iron Brew (a drink made famous in Scotland) and Gassosa (a lemon-flavored Italian soda), as well as the more standard cola flavors. Today, the company is still owned by the Naclerio family. "I'm a member of the fourth generation," says Jessica Caporale, 35, whose father Anthony Naclerio and uncle Raymond Naclerio own the business.

Beyond Connecticut, the beverage is distributed in New York, California, Florida and Maryland. It is also shipped nationwide from Foxon Park's online store. Though it has been more than 90 years since the business opened, the recipes have not changed and the dedication to quality remains the same. "We use real sugar, plus, maintain the same flavoring from the first generation," Caporale says. It has proved a winning combination for almost a century.

203-467-7874, foxonpark.com

Craft Cruising

BY ERIK OFGANG

Meet the Brewer: Thimble Island

April 6 From 6 to 9 p.m., representatives from Branford-based Thimble Island Brewing Co. will provide samples and hand out free swag at Hop Haus in Southington. Guests can learn about the brews they try and the brewing process. 860-276-9326, hophauscraftbeer.com

Steakhouse Night at Sharpe Hill

Vineyard | April 7 Enjoy a multi-course, steak-centric wine dinner at this Pomfret vineyard. For the entrée, guests can choose either a steak fromage or a filet mignon, both paired with a 2013 Cabernet Franc, and nonsteak eaters can enjoy grilled sea bass paired with the vineyard's 2014 reserve chardonnay. 860-974-3549, sharpehill.com

Namaste Sunday at Firefly Hollow

Brewery | April 9 Yoga and hops will combine at this yoga class hosted by the Bristol brewery. Participants are urged to come "harmonize your body and mind and stay for a beer." Admission is \$25 and includes a glass of beer. 860-845-8977, fireflyhollowbrewing.com

Blind Beer Awards | April 15 This fully blind IPA competition is hosted by Ken Tuccio and presented by the Welcome To Connecticut podcast and the Blind Rhino. It runs from 1 to 5 p.m. at the Blind Rhino in Norwalk. Guests can sample 12 Connecticut IPAs and vote on their favorite. Last year's winner was Rakautra from Back East Brewing. The expert panel (which I served on) selected Sea Hag from New England Brewing Co. as the experts' winner. I'm happy to say I'll be on the panel again this year. welcomect.com

Music at Chamard Vineyards | multiple dates This month, Chamard Vineyards will

host several live musical performances in its elegant tasting room, where guests can enjoy various musicians while sampling Connecticut wine. Performances include Brian Jarvis (April 14), Shawn Taylor (April 21) and Dana Takaki's acoustic duo (April 22). 860-664-0299, chamard.com

Manchester Oktoberfest Craft Beer

Festival | April 15 Oktoberfest is coming early in Manchester. Beer lovers can attend a craft beer festival from noon to 4:20 p.m. In addition to the craft beer, there will be live music from 5 to 9 p.m. oktoberfestct.com

Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com.



Pizza & 'Cue BEAR'S BARBECUE OWNER OPENS PIZZA SPOT SPECIALIZING IN BBQ PIES | BY ERIK OFGANG

The Texas BBQ pie at the Blind Pig with brisket and jalapeños.

PHOTO BY JUSTIN MORALES

Pizza and barbecue are two of the greatest things in the universe. So, when word came of a new pizza place called The Blind Pig Pizza Co., co-owned by Bear's Smokehouse BBQ's Jamie McDonald and featuring "BBQ Pies," it was a must-try.

The bar and restaurant is housed in the space at 89 Arch St. that was formerly the home of Bear's Smokehouse, before Bear's moved to a larger location around the corner at 25 Front St. Those who frequented the old Bear's location will find a newly renovated space that is almost unrecognizable. Gone is the self-serve cafeteria vibe, replaced with a sophisticated feel meant to evoke the speakeasies of the Prohibition era. The bar top was custom designed by artist Tao LaBossiere, and the bar features craft beer and classic cocktails.

In addition to standard pies, the menu offers four barbecue pies, each inspired by a different meat and/or region. The Texas pie carries Bear's barbecue sauce and brisket, The Carolina has smoked pork belly and The Moink has barbecue bacon meatballs. The Kansas City is a decadent pie topped with burnt ends, red pizza sauce, cheddar, horseradish and barbecue sauce. The cheddar and horseradish were subtle, but the star was the soft, slow-cooked burnt ends, which fused surprisingly well with

the dough and the sauce.

The restaurant is the brainchild of Justin Morales. He is a veteran of the restaurant scene in the Arch Street neighborhood, which has seen an influx of development in recent years, and felt the area was lacking a quality pizza place. He approached McDonald with the concept of opening an artisan pizza joint in the neighborhood, and McDonald loved the idea.

From the get-go they knew barbecue would be a part of Blind Pig. "Jamie has a foundation built on this already," Morales says. "So it would be a crime if there wasn't a marriage of his barbecue and Blind Pig's pizza. I don't even think it was a question. That was one of the things that initially intrigued me."

But this pizza spot is about far more than barbecue. "Our pizzaiolo, David Capodici, spent about six months perfecting his dough recipe, which is the most important aspect of our pies," Morales says. In addition to the barbecue pies, there is a full complement of "white" pies and "red" pies with tomato sauce. A dining companion ordered the Cabb-a-Caul, a white pie with basil lemon pesto, roasted cauliflower, tomato, mozzarella and Brussels sprouts. Not being a big fan of cauliflower and a sworn enemy of Brussels sprouts, I was skeptical

of this choice, yet it proved an unusual but effective blending of flavors. A far cry from the barbecue pie, the Cabb-a-Caul was — shockingly — equally as good, and I ordered one to take home for my wife.

Beyond the pizza there are some creative small plates. In the New England-style steamed buns, the Blind Pig's cultural-fusing take on Vietnamese bao sandwiches, a fluffy cornbread takes the place of the traditional bao dough.

The cocktail menu is another strength. Guests can enjoy classics like a negroni, dry martini or Manhattan, as well as some creative Blind Pig originals. The cocktails help fuel the speakeasy feel.

"I have been in the business for a long while now and really found my niche when I found myself behind the bar instead of sitting at it," Morales says. "The vibe of the bar is a place built for bar people, people [who are] looking for a social environment where they know there will be some great conversation, music and humor. The cocktails speak to the vibe."

The Blind Pig

89 Arch St., Hartford 860-744-4333, blindpigpizza.com

Hours: Sun.-Wed. 11 a.m.-10 p.m., Thu.-Sat. 11a.m.-11 p.m. Wheelchair accessible

Calypso Cuisine

WATERBURY'S PASSION FRUIT TROPICAL GRILLE OFFERS VACATION VIBE, TASTE OF THE TROPICS

BY ERIK OFGANG

At the end of my meal, after being treated to a complimentary tasting at Passion Fruit Tropical Grille, I go to shake chef and owner Beatrice "Bea" Andrews' hand. She waves my outstretched arm away. "Everybody gets a hug," she says as she pulls me in for a warm embrace.

That, more than anything, will give you an idea of the friendly, fun and oh-so-very welcoming atmosphere at this restaurant, which opened in December. As you walk in, there is a parrot in a cage to the right, immensely danceable calypso versions of popular pop songs play over the PA system and a family-friendly party vibe seems to permeate the place. The main bar and restaurant area is an open and brightly colored space, with palm-tree decor, known as the restaurant's "Tropical Oasis." Adjacent to the oasis is the "Airplane Lounge," which recalls the glamour of flight, minus the long lines and delays.

Andrews, whose parents are from Liberia and Trinidad, and co-owner Tivon Skinner, whose parents are both from Trinidad, have a passion for travel that they wanted to share, as well as the cuisine of their heritages, with guests. "We decided to open up the restaurant based on traveling to various islands and different parts of the world," Andrews says. "We wanted to bring that vacation state of mind back permanently for others who are unable to travel or for those who just need a reminder of being on vacation in the islands. That's how we came up with the airplane lounge and the tropical oasis themes for our





Sage Supreme: Beef ribs; Paradise (below): white sponge cake with pecans, walnuts and rum glaze.

restaurant. We want to take our customer on that complete vacation experience."

And what vacation is complete without great food?

Inspired by "culinary love," which she says she "was privileged to learn and embrace" growing up, Andrews has created a splendidly eclectic menu that uses tropical cuisine as a launching point. "I have used the techniques of my mom, dad and grandma and added my experimenting with flavors and Tivon's culinary experience to complete the menu."

As a result, the restaurant features genre-bending items like the island nachos — served with standard nacho ingredients and, in a nod to the the tropics, pineapples — and Spaghetti and Beach Balls — spaghetti simmered in a Caribbean marinara sauce, with salmon "meat" balls and Parmesan cheese — alongside more traditional dishes like jerk chicken, Passion Fruit snapper, curry goat and plantains prepared in a variety of ways.

In addition to the overall feel of the place, I fell in love with the fried plantains (the expertly grilled tropical fruit reminded me of summer on a cold February evening), the Bea Sting wings (named for the chef and owner, these had an invigorating spicy kick) and the fried golden conch (served with Passion Fruit hot sauce and house tartar).

The meal began with a sampling of house-made juices (flavors include mango, coconut and passion fruit, all served as the perfect accompanying beverage to the food), and ended with a dessert tasting. The standout was the Paradise, a white sponge cake, topped with pecans and walnuts infused with rum.

At the time of our visit, the restaurant had not yet obtained its liquor license, but the full bar is now open and tropical cocktails are offered. Good news, because this is the type of place where a cocktail with a small umbrella in it seems particularly appropriate.

Both owners have varied backgrounds. Skinner has his master's in education and worked for many years as a special education teacher. He's also worked as a radio DJ and is still a music producer. Andrews plays percussion, writes songs and sings. She toured with the theatrical musical group *Stomp* for a time, and also worked as a flight attendant. Both experiences fueled her love of travel, and the latter inspired her to obtain her private pilot's license.

Like its owners, who are often on hand interacting with guests, Passion Fruit Grille is intriguingly unusual and full of character. From the moment you walk in, the restaurant envelops you with a friendly warmth that is just like the embrace Andrews says each guest is entitled to receive.

Passion Fruit Tropical Grille

1230 Thomaston Ave., Waterbury 203-527-3895, passionfruitgrille.com Hours: Tue.-Thu. 11:30 a.m.-9 p.m., Fri. & Sat. 11:30 a.m.-11 p.m., Sun. 10 a.m.-5 p.m. Closed Mon. Wheelchair accessible



BY MARYELLEN FILLO

The Unionville section of Farmington is becoming a bit of a mecca when it comes to finding a new "in place" to meet for happy hour, casual dining and some latenight fun. Popular watering holes and dining destinations like Cure and The Olive Bar have made it a destination for the Farmington Valley and beyond. Now there is yet another social spot in town: Taprock Beer Bar & Refuge.

Located in the former McGillicuddy's building at the corner of New Britain Avenue and South Main Street, the place had been a bit of a mystery during an unusually long year-plus renovation that had locals wondering if the beloved bar was ever going to reopen, or if it had it become a victim of economic woes or an owner's change of heart.

Nope. It just took a while to make it work. "We wanted to do it right," manager Myles Walsh says of the redo of the place that now boasts an industrial look, featuring bricks and dark wood and a large bar that serves as action-central in the casual but inviting venue. "We wanted it to be comfortable, but we also wanted it to be more than just a couple-of-beers kind of place," he adds about the restaurant/ bar that opened a few months ago and is owned by businessman Ankit Harpaldas. "We have dining areas, this great bar and a menu that is stellar."

But let's talk beer and such first, before we get to that main menu event.

The name "Taprock Beer" tells it all.
There are more than 20 draft lines and
bottle choices galore that promise an
A-to-Z brew for every taste, from AleSmith
Brewing Co.'s My Bloody Valentine to
Tröegs Troegenator Double Bock.

Not a beer drinker? Taprock has it covered. Stepping up to the liquor and cocktail plate is bar manager Khalid Williams, whose mixology expertise includes stints at Max's Oyster Bar in West Hartford and Bristol's now-closed Barley Vine.

"What kind of bourbon do you like?" he asks at a recent visit. With information in hand, he proceeds to offer adventurous compatible choices that included Buffalo Trace's Eagle Rare and Jefferson's Reserve. Same for a fellow barfly who wants wine and ultimately chooses a Ca' Donini pinot grigio from Taprock's stellar wine list.

For something a bit more creative with some flair, Taprock has an eclectic array of cocktails ranging from \$8 to \$11.50. Walsh and now Williams tempt you with elixirs like tea-infused rum mojitos, Egyptian Lemonade laced with house-infused, Connecticut-made strawberry Rime vodka. Whimsy abounds on the cocktail menu with choices like The Son-In-Law Named Jeff, featuring sweet vermouth and mescal, and the In Rusty Fashion with Defiant whisky and orange cherry marmalade.

While the menu may be short on size, chef Bryan Burke, whose résumé includes

time at West Hartford's Blue Plate Kitchen, delivers big time. Small plates, which run from \$5 to \$11, include batter-dipped shrimp seductively presented on rounds of grilled polenta. Chicken lovers, you simply must try the fried buttermilk "sandwiches," fried chicken on pieces of sweet waffles topped with honey. Braised pork sliders hold their own in this New England eatery, and a plate of smoked nachos with salsa and chips is more than enough to share.

Heartier choices include an array of burgers, including an apple burger with Applewood-smoked blue cheese and porkbelly lardons, and the root vegetable burger with carrots, rutabagas and sweet potatoes. Entrées include a chicken confit, steak frites and a root vegetable gnocchi. Entrées range from \$19 to \$23.

Laid back and casual with a winning combination of comfort food and libations, Taprock seems to fit in quite nicely with the nightlife that belies its low-key address.

"We want to be the place to stop and relax," Walsh says. "We think we have achieved this here. We look forward to being the place to be."

Taprock Beer Bar & Refuge

81 S. Main St., Unionville 860-404-2074, taprockbeerbar.com Hours: Mon.-Wed. 11 a.m.-12:30 a.m., Thu. 11 a.m.-1:30 a.m., Fri. & Sat. 11 a.m.-2 a.m., Sun. 11 a.m.-11 p.m. Wheelchair accessible Hey, Aunt Judy. How do you like your new home?



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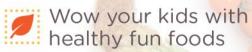
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openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

MexiPHO, Glastonbury Two of the globe's greatest casual cuisines — tacos and pho noodle soup — come together at this restaurant, which opened in November. Guests can enjoy traditional Vietnamese pho, with a side of Mexican-inspired tacos, or they can combine the two cuisines in dishes like the phorrito, a dish billed as "the magical Mexican/Vietnamese fusion!" 860-633-2198, mexipho.com

Mason Dixon Smokehouse, Stamford A new barbecue spot in Stamford, Mason Dixon Smokehouse opened with a lot of buzz at the end of 2016. I've yet to try it, but the photos of slow-cooked St. Louis-style ribs make me eager to rectify that soon. 203-817-0392, masondixonstamford.com

The Rockin Chicken, Hartford Opened last May, this Peruvian-food hotspot features, as its name implies, chicken. The birds are slow-cooked on a charcoal rotisserie imported from Peru, and sides include fresh-cut fries, fried plantain, sweet plantain, fried yuca and rice. Beyond chicken, guests can enjoy dishes such as ceviche and a variety of soups. 860-244-2536, facebook.com/therockinchicken

Koo Restaurant, Danbury For a long while, Koo has served Asian fusion, but it recently underwent a massive renovation, adding 10 Korean barbecue and Mongolian hot pot tables where Korean- and Mongolianstyle barbecue dishes are now prepared right in front of guests. 203-739-0068, danburykoo.com

Nouveau Monde Wine Bar, Newtown A relatively new wine bar, Nouveau Monde has a sleek, comfortable atmosphere and robust wine and beer list. The seating is a mix of standard chairs and couches, and the food consists of tapas-style share plates and entrées. The diverse entrée options include the pork belly banh mi sandwich and oyster po' boy with potato salad. 203-491-2723, nouveaumondewinebar.com

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com.

Fairfield County

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

The Blind Rhino • American • EP Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri.-Sun.), D, SB, \$

Bodega Taco Bar • Mexican • EP Offers up inventive, doingtheir-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 bodegatacobar.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$

Brasitas • Mexican • EP Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 E. Main St., Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 brasitas.com. Open daily. L D, \$\$\$

Butcher's Best Country Market • Deli Meats are handselected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L. \$

Casa Villa • Mexican • EP Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 casavillarestaurant.com. Open daily. L, D, LS (Fri.-Sat.), \$, WA

Cask Republic • American • EP Serious chef-crafted
American fare as well as creative interpretations of globally
inspired dishes with an inviting and fun vibe. • 99 Washington
St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford,
203-348-2275 caskrepublic.com. Open daily. L D, \$\$

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D, \$\$, WA

Coromandel Cuisine of India - Indian - EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Elm • American World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

The Hideaway • Pub • EP Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 thehideawayridgefield.com. Open daily. L D LS, \$, E

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Ibiza Tapas Danbury • Tapas • EP Surround yourself with the sights, sounds, flavors and scents of Spain, with both hot and cold as well as traditional and modern tapas. • 93 Mill Plain Road, Danbury, 203-616-5731 ibiza-tapas.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Picks RC = 2017 Readers' Choice

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Five "Experts' Choice" Picks

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named one of the 40 "best and brightest"
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TOP 100 RESTAURANT IN AMERICA 2015, 2016 Open Table

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| dining guide | fairfield county

Little Barn • Pub • EP Burgers, tacos and farm-fresh salads, served up in a casual atmosphere with an outdoor patio and fireplace. • 1050 Post Road E., Westport, 203-557-8501 *littlebamct.com*. Open daily. L D, \$\$, E

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Luc's Cafe • French • EP An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. • 3 Big Shop Lane, Ridgefield, 203-894-8522 Jucscafe.com. Closed Sun. L D, \$\$\$, E

Mama's Boy - Southern - EP A "southern table and refuge" with favorites from classic shrimp and grits to country-fried game hen. Brunch available Sat.-Sun. • 19 N Water St., South Norwalk, 203-956-7171 mamasboyct.com. Open daily. L (Mon.-Fri.), D (Mon.-Sat.), SB, \$\$\$

Mecha Noodle Bar • Asian • EP RC Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

Mezon • Mexican • EP RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Mill Street Bar & Table, Greenwich - American - EP
Seasonally driven menu from the Northeast land and sea,
with two dining rooms, an oyster bar, a full-service bar, comfy
cocktail lounge and heated patio. • 230 Mill St., Greenwich,
203-813-3323 millstreetct.com. Closed Sun.-Mon. D, \$\$\$

Pho Saigon, Bridgeport • Vietnamese • EP The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, \$

Pho Vietnam • Vietnamese • EP RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 rivebistro.com. Open daily. L D, \$\$, WA

Pink Sumo • Sushi • EP RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumoct.com. Open daily. L D, \$\$

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Open daily. L D SB, \$\$, E

Redding Roadhouse • American This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 thereddingroadhouse.com. Open daily. L D SB, \$\$, E, WA

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$, WA

The Schoolhouse at Cannondale •

American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

The Sitting Duck Tavern • American Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 *sittingducktavern.com.* Open daily. L D LS SB, \$\$

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tan, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

Tequila Mockingbird • Mexican The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdnc.com. Open daily. D, \$\$

Toro • Sushi • EP RC Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment. • 28 Church Hill Road, Newtown, 203-364-0099 tororestaurantnewtown.com. Open daily. L D LS (Fri.-Sat.), \$\$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$, WA

Hartford County

@the Barn • American This 170-seat, 4,000-squarefoot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com, Open daily, L (Mon.-Fri.) D. \$\$, WA

Carbone's Ristorante • Italian This old-school, finedining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Confetti • Italian Offers Italian-American cuisine with a celebratory vibe. Also caters and operates the Big Red Truck food truck • 393 Farmington Ave. Plainville 860-793-8809 idineconfetti.com. Closed Mon. & Tues. D (Wed.-Sun.) SB, \$\$

The Corner Pug • Irish Pub • EP Classic favorites at this pug-themed pub include shepherd's pie, hot grilled Reubens, creamy chicken pot pies with flaky crusts, and authentic English fish and chips. • 1046 New Britain Ave., West Hartford, 860-231-0241 cornerpug.com. Open daily. L D SB, \$

Costa del Sol • Steak • EP Incorporates the old and the new, breathing life into a cuisine rich in unique Spanish heritage. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsolhartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. Wine Spectator Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish . Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

Metro Bis • American • EP It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, 860-651-1908 metrobis.com. Closed Sun. L D, \$\$, WA

Monte Alban • Mexican • EP Low-key spot for Mexican staples like tacos, burritos and enchiladas, plus breakfast and outdoor tables. • 531 Farmington Ave., Hartford, 860-523-7243 montealbanhartford.com . Open daily. B L D SB, \$

ON20 • Contemporary French / American • EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Plan B Burger Bar • Burgers Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Ruth's Chris Steakhouse . Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

Sushi Red • Sushi • EP Offers up delicious, fresh, handcrafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829, Closed Sun, L.D. \$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. Wine Spectator Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinted Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$\$, WA

Litchfield County

Arethusa al Tavolo • New American • EP RC This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaaltavolo.com. Open Thurs.-Sun. D, \$\$\$, WA

Community Table • American • EP Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. 223 Litchfield Tpke., Washington, 860-868-9354 communitytablect.com. Closed Tues.-Wed. D SB, \$\$, WA

The Cookhouse • Barbecue • EP "Slo-smoked" babyback ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

The Hopkins Inn • Austrian/American A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

Litchfield Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$\$, WA



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| dining guide | litchfield county

West Street Grill • New American • EP An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. Wine Spectator Award of Excellence. • 43 West St., Litchfield, 860-567-3885 weststreetgrill.com. Open daily. L D SB, \$\$\$, E (on weekends), WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily, L D SB, \$\$, WA

The White Horse Country Pub • American • EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones - shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an ecclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$\$

Middlesex County

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

Chester's Barbecue · Barbecue Mouthwatering, slowcooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. . 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views and Italian specialties like Veal Romano, Wild Mushroom Arancini and Lobster Ravioli. And join us for our award-winning Sunday Brunch! 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily. B L D SB, \$\$\$, E

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueriact.com. Closed Sun. L D, \$

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 Jaforestarestaurant.com. Open daily, D. \$\$, WA

Lenny & Joe's Fish Tale . Seafood . EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 Ijfishtale.com. Open daily. L D, \$\$, WA

Luce · American Have your aged steaks grilled over wood chips--there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 lucect.com. Open daily. L D LS, \$\$, WA

Luigi's . Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo • Pizza • EP This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • Mexican Authentic, traditional Mexican cuisine is prepared fresh daily - sometimes even at your table - mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$

New Haven County

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily, L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road. Orange. 203-799-2252. Open daily. L D, \$\$, WA

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 179 Crown St., New Haven, 475-238-8335 caskrepublic.com. Open daily. L D, \$\$

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chaat House • Indian • EP The inspired, creative and scrumptious menu is full of healthy, delicious, all-vegetarian dishes. • 315 York St, West Haven, 203-934-9676 indianasiangroceries.org. Closed Mon. L D, \$

Chip's Family Restaurant • American • EP Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Consiglio's Restaurant . Classic Italian Familyowned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com, Closed Mon, L. D. \$, WA

Donahue's Madison Beach Grille • Irish Pub • EP Casual shoreline dining serving up fresh seafood, homemade clam chowder and lobster bisque soups, premier salads and daily specials. Live music on the weekends. • 1320 Boston Post Road, Madison, 203-318-8362 donahuesmadisonbeachgrille.com. Closed Mon. L D, \$\$, E

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails. offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

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| dining guide | new haven county

Heirloom • Modern Continental • EP Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. . The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. . 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com. Closed Mon. L D, \$\$, E

Ibiza Tapas • Tapas • EP Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 ibizatapaswinebar.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

L'Orcio · Contemporary Italian · EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven. 203-777-6670 Iorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. L D, \$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetitcafe.net. Closed Mon.-Tues. D, \$\$\$

MiKro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 mikrobeerbar.com. Open daily. D SB, \$\$, WA

Park Central Tayern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 prime16.com. Open daily. L, D, LS (Orange), \$

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Tikkaway Grill • Indian • EP Build your own wrap or rice bowl by choosing your base and one of Tikkaway's signature sauces. Vegen options available. • 135 Orange St., New Haven, 203-562-1299; 2 Howe St., New Haven, 203-624-1299 tikkawaygrill.com. Open daily (Orange St.); Mon.-Fri. (Howe St.) L D, \$

Viron Rando's Osteria • Italian • EP The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave, Cheshire, 203-439-2727 vironrondoosteria.com. Open daily. L D LS, \$\$

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 zincfood.com. Closed Sun. L (Tues.-Fri.) D, \$\$\$

New London County

The Captain Daniel Packer Inne • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Engine Room • American • EP The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 engineroomct.com. Open daily. L D SB, \$\$ Flanders Fish Market & Restaurant - Seafood - RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. - 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily, L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana - Pizza While world-famous clam pizza is the standout, many others are also worth the wait. This expanding pizza empire continues to set the standard for Connecticut pies. - Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Kensington's at Norwich Inn • American A firstclass restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB, \$\$\$, E, WA

Michael Jordan's Steak House • American • EP USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 michaeljordansteakhouse.com. Open daily. D, \$\$\$

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily, L D, \$\$\$, WA

Tolland County

Bidwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$

Lake View • Fresh Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Rein's New York Style Deli-Restaurant - American - EP Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. - 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

True Blue Tavern at the Nathan Hale Inn - American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Windham County

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com.
Open daily. L D LS (weekends), \$, WA

Hank's Restaurant - American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily, L D, \$\$

The Heirloom Food Company • Vegan • EP RC Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779—3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-seascallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com.
Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$\$, WA

Roots Down - American - EP American-style bistro featuring locally raised produce and meats. • 18 Route 171, Woodstock, 860-315-5614 roots-down.net. Closed Mon. & Tues. L D SB, \$\$

Willimantic Brewing Co. / Main Street Café - Brew Pub - EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA



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ADDRESS CORRESPONDENCE:

Joe Hizna

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Life Lessons is a series of **live** television events in which local experts help us find smart ways to make decisions, solve problems, and ace the biggest test of all — life!

Join our Studio Audience!

For this **LIVE** television event Understanding Paid Family Leave

Thursday, April 6 at 8 p.m. or tune in to CPTV or CPTV.org/lifelessons



Connecticut may be the fifth state in the nation to implement paid family leave, allowing workers to take time off to care for children, family members or themselves without losing a job or a paycheck. During this live TV event, find out what this new law could mean for Connecticut's workers and their families.

Register to join our live studio audience or find out more at **cptv.org/lifelessons**Registration is required and space is limited.
This event is free and open to the public.

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The Kate, Season 2

CPTV's Original Performance Series Returns With All-New Episodes Fridays at 10 p.m. beginning April 14





Spring is a time for new beginnings, so it seems appropriate that we at the Connecticut Public Broadcasting Network (CPBN) – parent company of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR) – have some exciting developments to share!

First, we are thrilled that, for the 14th consecutive year, PBS and its member stations have been rated number one in public trust among nationally known institutions in a nationwide survey. The same survey found that parents rank PBS Kids as the number-one educational media brand for children.

The poll was created by the research team at PBS and was conducted in January 2017 by Marketing & Research Resources Inc. (M&RR). Each year, PBS commissions research to measure its performance and value as judged by the American people. We are humbled and gratified to know that the public puts its trust in PBS and member stations like CPTV. It is especially rewarding to know that parents trust PBS Kids programs, which air daily on CPTV, to educate and entertain their children. Visit CPTV.org for more information on the survey.

Speaking of PBS Kids, the recently launched CPTV PBS Kids channel will feature "Family Night" programming on Fridays from 7 to 9 p.m. beginning April 21. Enjoy movie specials and themed programs for the whole family, from *Odd Squad: The Movie* to *Sesame Street: The Cookie Thief* and much more! CPTV PBS Kids, a free service, can be accessed through the PBS Kids Video Player on pbskids.org, and on the PBS Kids Video App for mobile and tablet devices.

Finally, in recent months, CPTV has teamed with the documentary series *Independent Lens* and the Yale Film Study Center in New Haven to present screenings of timely films. On Monday, April 3 at 7 p.m., we will team up again to screen *National Bird*. This film follows whistle-blowers who are determined to break the silence surrounding the controversial U.S. drone war. We hope you will be able to join us for this free event. Find out more at CPTV.org.

We at CPBN hope you, our members, are enjoying this season of renewal. As always, we thank you for your support!

Jerry Franklin

President and CEO, Connecticut Public Broadcasting Network

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"What's On!"

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Join our Studio Audience!



For this **LIVE** television event *A Vibrant Retirement*

Thursday, May 4 at 8 p.m. or tune in live on CPTV and/or CPTV.org/lifelessons





The Great War: American Experience Monday, April 10-12 at 9 p.m. on CPTV

Drawing upon a rich visual archive, this threenight event chronicles the American experience during World War I. Discover how the first World War transformed America through the stories of African-American soldiers, feminist activists, Native-American "code talkers", and others whose participation in the war to "make the world safe for democracy" has been largely forgotten – until now.



NOVA: Holocaust Escape Tunnel Wed., April 19 at 9 p.m. on CPTV

Follow along as an international team of archaeologists attempts to unearth the Lithuanian city of Vilnius, once known as one of the most important Jewish centers in the world. Local University of Hartford professor Dr. Richard Freund is also featured.



Let There Be Light Tuesday, April 4 at 10 p.m. on CPTV

Follow the grand masters of stained glass art, artist Rowan LeCompte (pictured) and craftsman Dieter Goldkuhle, as they create their last great series of windows for Washington National Cathedral. Narrated by Garrison Keillor and told with stunningly beautiful imagery, viewers will get an inside look at Rowan's life-long passion, imagination, and creative expression. (CPTV National Presentation)



My Voice: One Man's Journey to Overcome the Silence of Autism Thursday, April 20 at 8 p.m. on CPTV

A young autistic man fights to help others who, like him, were born without the ability to communicate. Watch the inspiring true story of Matt Hayes as he navigates life and finds his place in the world as a defender of human rights for non-communicative autistic people.

(CPTV National Presentation)



Retirement isn't what it used to be... it's better! Join us in our CPTV studios for a live discussion with industry experts about how to plan for the exciting and engaging retirement you've always wanted.

To register or for more information, visit cptv.org/lifelessons.
Seating is limited and this event is free to the public.

Life Lessons, a Vibrant Retirement is a CPTV Partnership Production

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Bold performers with something to sufficient to sufficient

The Kate, CPTV's original performance series, is back for another new season full of bold performers with something to say. This season, catch artists take to the stage with personal stories, hilarious moments, honest and creative expressions of art, and of course, impossibly good music.

Before each performance at the Katharine Hepburn Cultural Arts Center in Old Saybrook, Connecticut, producers sat down with the performers to dive a little deeper into their musical inspiration. Here are excerpts from some of these interviews:

Film and television star Kiefer Sutherland lays his soul on the line and performs his very personal guitar-driven outlaw country/Americana inspired songs, steeped in storytelling and gritty realism.

The Kate: You are an extremely successful actor in film and in television with *24* and *Designated Survivor*. Why did you decide to take on a music career now?

Sutherland: There is framework to a life, you try to get in as much as you can. I think I was so concerned for so many years about the stigma of an actor doing music that I just wouldn't touch it. I finally got to a point in my life: I love singing, I love playing, I love playing live. I just said 'forget it' - this is something I want to do.

The Kate: You are touring the small clubs, like any musician who is starting out. How are the audiences responding?

Sutherland: I know 95% of the audience coming because they are fans of *24* or *Young Guns*. They come with a preconceived idea of who you are. For me, I am using this tour and these songs to break that down. And where we find common ground is in heartbreak, mistakes, drinking, wanting to be in love. Those are common threads.

The Kate: Kiefer Sutherland premieres
Friday April 28 at 10 p.m.





Jane Lynch Friday, April 14 at 10 p.m.

Jane Lynch takes to *The Kate* stage with *See Jane Sing!*, her comedy cabaret including special guests Kate Flannery (*The Office*) and Tim Davis (*Glee's* musical arranger) backed by the swinging Tony Guerrero Quintet.

Rosanne Cash, one of the country's pre-eminent singer-songwriters, accompanied by her producer/husband John Leventhal, graces *The Kate* stage to deliver a gorgeous sonic portrait: a deeply personal concert revealing the landscape of her career.

The Kate: When I listen to your music, it feels like you're painting with words, like you're actually drawing pictures with words.

Cash: Well, I like that concept of using language as paint. I'm in love with language. I'm a writer, and language has power and beauty, and particular words have weight and resonance to themselves. I like unexpected pairings of words, and I like finding the melody in prose.

The Kate: You may have started out as "Johnny Cash's daughter". But now you are Rosanne Cash. Talk about that trajectory.

Cash: My dad cast a large shadow, and so when I was starting out, I was so hypervigilant about not taking advantage of him, not using his name . . . to do anything, to get on a show, to get a record, whatever. And I wanted to separate myself musically-that part wasn't that hard because I grew up in a different time in Southern California listening to pop and rock on the radio, so our influences were really, really different. I probably pushed away longer than necessary, but my dad understood, and he was really proud.

The Kate: Rosanne Cash premieres Friday, May 19 at 10 p.m.



Maurice Hines
Friday, May 12 at 10 p.m.
Famed tap dancer and
performer Maurice Hines
entertains with heartfelt
stories from his childhood
days in show business with
his brother Gregory, sings
classics like "It Don't Mean
A Thing," and "Smile", and
of course, wows the
audience with his skilled
tap moves.



Darlene Love Friday, April 21 at 10 p.m.

Rock and Roll Hall of Fame inductee Darlene Love and her band perform a range of songs like "Forbidden Nights" from her recent Stevie Van Zandt -produced album, to classic hits like "Da Do Ron Ron" and "He's A Rebel".



Mary Lambert Friday, May 5 at 10pm

Pop star, poet, activist, and writer Mary Lambert moves audiences to laughter and tears with her powerful prose, quirky humor, and unwavering compassion on *The Kate*.

For more on CPTV's The Kate, visit thekate.tv.

ime Time | April 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a
 . Live broadcasts indicated by a ...
- · Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

SAT 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Splendored Thing* (Start: 7:30 p.m.) A doctor falls			Doc Martin, Season 7 - Part 1: Rescue Me & Part 2: The Shock of the New See two episodes back-to-back that kick off with Martin questioning if Louisa will return.			Father Brown - The Lair of the Libertines Father Brown and his friends are marooned in the country.		
CPTV4U	Masterpiece Mystery! - Poirot, Season 12: Dead Man's Folly A "murder" game may lead to a real murde			Endeavour, Season 3 on Masterpiece - Ride A suspended Morse begins his own covert investigation.			Crimson Field - Part 5 Grace is threatened by a commander.		
SUN 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Call the Midwife, Season 6 - Part 1 The team reunites, but all is not well when a change takes place.		Home Fires, Season 2 on Master- piece - Part 1 Pat befriends a Czech soldier; Britain faces a threat.		Grantchester, Season 1 on Masterpiece - Part 1 Reverend Sidney Chambers looks into a death.		Grantchester, Season 1 on Masterpiece - Part 2 Sidney's former flame throws a party.		
CPTV4U	Woodsongs - Tim O'Brien/Ron Block		Austin City Limits - Ed Sheeran/ Valerie June		Front and Center - Rob Thomas		Front and Center - Shawn Mendes		
MON 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Antiques Roadsh City, Part 1 A Wheels Beach Bo	prototype Hot	the aftermath of the	dependent Lens - Newtown This film ex e aftermath of the mass shooting in Newtown, onnecticut, on December 14, 2012.		is film explores ewtown, Generation A: Po and the Arts with autism use ar		POV - Listening Is an Act of Love	
CPTV4U	Nature - Yosemit is affecting the gre		Lords of Nature: Great Predators			Redwood National Park: Preserving Ancient Forests		Charlie Rose	
TUE 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Last Days of Jesus New evidence – gathered from a Roman historians, Jewish texts, and insights into the Gosp that Roman power politics led to the events that resulted in			els – suggests	Let There Be Light ation of stained glathe Washington N	ass windows for	Frontline - Ameri Explore the fight b family and the feder	etween a ranching	
CPTV4U	Father Brown - The Kembleford Q		Quirke - Part 2: The Silver Swan Qu Dublin's drug culture.		uirke investigates Theater Talk		Charlie Rose		
WED 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ	Nature - Owl Power Owls' ability to hunt and fly so silently is influencing 21st-century technology and design. NOVA - Himalaya Eyewitness footag quake that devast		ge reveals the The Man Who Sav		ne Dead - Leonardo: no Saved Science City, Par do da Vinci a copycat?		Roadshow - Salt Lake t 1 (See CPTV, April 3 at		
CPTV4U	Antiques Roadshow - Salt Lake City, Part 1		1916: The Irish Rebellion - Part 3 The Rising's aftermath is explored.		Rick Steves' Europe	Rick Steves' Europe	Charlie Rose		
THU 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Paid Family Leave (See page W		Father Brown - The Truth in the Wine A body is discovered in a vineyard.		Bletchley Circle, Season 1 - Part 1 A group of women try to solve a string of London murders.		Ask This Old House	This Old House	
CPTV4U	Gefilte Fish Chronicles Learn how one family embraces Passover.		Four Sons and All Their Sons: A Passover Tale		American Masters - Jascha Heifetz: God's Fiddler		Charlie Rose		



Call the Midwife

Sundays at 8 p.m. beginning April 2 on CPTV

Now in the sixth season of the beloved series, it's 1962 and times are changing. As they strive to help mothers and families cope with the demands of childbearing, disability, disease, and social prejudice, the Poplar medics must make choices - and fight battles - of their own.

Prime Time | April 7-12

FRI 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murders - The House in the Woods, Part 1 Two house hunters are garroted.		Death in Paradise - Posing in Murder A fashion model is strangled.		The Kate - Rita Wilson The actress and singer showcases her love of songwriting.		Sing That Thing, Season 3 - Part 1	Sun Studio Sessions	
CPTV4U	Secrets of the Dead - Nero's Sunken City		Time Scanners - Colosseum		Secrets of the Dead - The Lost Gardens of Babylon		Charlie Rose		
SAT 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Viewers' Favorites* (Start: 7:30 p.m.) Sit back and relax with one of CPTV's most popular specials.		Doc Martin, Season 7 - Part 3: It's Good to Part 4: Education, Education, Education M doctor suggests that Martin and Louisa get the		ation Martin's Wine (See CPTV			Secrets of the Dead**	
CPTV4U	Agatha Christie' Poirot investigate	s Poirot - Elephants s a psychiatrist's mur	Can Remember der.	Endeavour, Seas A young housewife	son 3 on Masterpie e dies, seemingly o	3 on Masterpiece - Arcadia lies, seemingly of a stomach bug.		Crimson Field - Part 6 Joan faces a lifetime in prison.	
SUN 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	2 P The team	, Season 6 - Part prepares for the at may not survive.	piece - Part 2 P The attraction		Grantchester, Season 1 on Masterpiece - Part 3 A woman believes someone wants her dead.		Grantchester, Season 1 on Masterpiece - Part 4 A murder reveals homophobia in Cambridge.		
CPTV4U	Woodsongs - Ea	arls of Leicester	Austin City Limits - The Avett Brothers/Nickel Creek		Great Performances - Rejoice with Itzhak Perlman		American Masters - Jascha Heifetz: God's Fiddler		
MON 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV		how - Salt Lake Hidden treasures Art Deco bracelet.	The Great War: American Experience - Part 1 America's torton nearly three-year journey to entering World War I is explored.				Yanks Fight the Kaiser: A National Guard Division in World War I		
CPTV4U	Nature - Owl Por April 5 at 8 p.m.)	wer (See CPTV,	Nature - The Sagebrush Sea Visit a unique ecosystem.		Summer of Birds Dohn James Audubon spent time in Louisiana.		Charlie Rose		
TUE 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nazi Mega Weap Island Megafortr Channel Islands fo	oons - Hitler's less The cell to the Germans.	The Great War: American Experience - Part 2 Fo entry into the conflict, including the breathtaking speed of the profound transformations required.			llow America's f mobilization and	Model T's to War: American Ambulances on the Western Front, 1914-1918		
CPTV4U	Father Brown - The Lair of the (See CPTV, April 1 at 11 p.m.)		Quirke - Part 3: Elegy for April Pho for help when a friend goes missing.		ebe asks Quirke	Theater Talk	Charlie Rose		
WED 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nature - Viva Pu group of scientist saving Puerto Ric	s is dedicated to	The Great War: American Experience - Part 3 Part 3 opens eve of the bloodiest battle in American history and charts how the c tic struggle and the ensuing peace changed a president and a nation			how the climac-			
CPTV4U	Antiques Roads	how - Salt I ake	Joan of Arc: God's Warrior Joan of Arc's true life story is uncovered. Father Michael McGivney Meet the Knights of Columbus' founder.			Charlie Rose			



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Prime | April 13-18

						TO 000 . SEC		000 000 1000		
THU 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Royal Good Guy anthropic efforts of famous royal famil	f Britain's world-	of Man Father Bi	Father Brown - The Judgement of Man Father Brown becomes embroiled in an audacious art heist.		Bletchley Circle, Season 1 - Part 2 Scotland Yard dismisses the women's theories.		This Old House		
CPTV4U	Let There Be Lig April 4 at 10 p.m.)		Time Scanners - St. Paul's Cathedral		Time Scanners - Jerusalem		Charlie Rose			
FRI 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Midsomer Murders - The House in the Woods, Part 2 (See CPTV, April 7 at 8 p.m.)		Death in Paradise - A Personal Murder Dwayne's old mentor, Cedrik, is found dead.		The Kate - Jane Lynch Lynch, with a five-piece band, showcases her musical chops and comedic wit.		Sing That Thing, Season 3 - Part 2	Sun Studio Sessions		
CPTV4U	NOVA - Quest fo Mines	r King Solomon's	Last Days of Jesus (See CPTV, April		ril 4 at 8 p.m.)		Charlie Rose			
SAT 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Movie Classics Collection - After the Thin Man* (Start: 7:30 p.m.) Nick and Nora Charles look for a cousin's missing husband and find murder.			Part 6: Other Ped	on 7 - Part 5: Cont ople's Children Ba Martin is followed a	Father Brown - The Judgement of Man (See CPTV, April 13 at 9 p.m.)				
CPTV4U	Agatha Christie's Poirot journeys to	s Poirot - The Labo the Swiss Alps to la	ours of Hercules by a trap.	Endeavour, Season 3 on Masterpiece - Prey When a Dutch au pair disappears, Endeavour investigates.			Wolf Hall on Masterpiece - Part 1 Cardinal Wolsey is stripped of power.			
SUN 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	New legislation and Sister piece - F			piece - Part 3 P The Battle of		Grantchester, Season 1 on Masterpiece - Part 5 Sidney and Geordie make a visit to London.		Grantchester, Season 1 on Masterpiece - Part 6 Geordie's life hangs in the balance.		
CPTV4U	Woodsongs - Alison Brown Quartet/Frank Solivan/Rob Ickes		Austin City Limits - Spoon/White Denim		Front and Center - Cheap Trick		Front and Center - Southside Johnny 🕞			
MON 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Antiques Roadshow - Salt Lake City, Part 3 Fantastic finds include an Art Deco jewelry suite.		Antiques Roadshow - Chicago, Part 2 Items include a piece of 1989 Keith Haring graffiti art.		Life Lessons: Understanding Paid Family Leave (See page 148.)		Independent Lens - SEED: The Untold Story Meet passionate seed keepers.			
CPTV4U	Nature - Viva Pue CPTV, April 12 at		Richard Bangs' Adventures with Purpose - Costa Rica		Nature - The Gathering Swarms Meet cicadas, locusts, and more.		Charlie Rose			
TUE 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
CPTV	Grand Coulee Dam: American Experience Learn how the dam helped to transform the Northwest.		10 Homes That Changed America Visit Monticello and other homes that transformed residential living.		Frontline - Last Days of Solitary Maine State Prison, this film looks at prisoners when they go from solitary		t what happens to recently released			
CPTV4U	Father Brown - 7 (See CPTV, April				n Masterpiece - Season 1, Part 1 Theater Talk es his immediate heirs.			Charlie Rose		



Newtown

Monday, April 3 at 9 p.m. on CPTV

Using deeply personal testimonies, this film tells the story of the aftermath of the Sandy Hook Elementary shooting, the deadliest mass shooting of schoolchildren in American history. Discover how residents of Newtown, still reeling from the senseless tragedy, have found resilience as well as a shared sense of purpose to heal and move forward.

Prime Time | April 19-24

WED 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nature - Hotel Armadillo Welcome to the "Hotel Armadillo" in the Brazilian rainforest.		NOVA - Holocaust Escape Tunnel Archaeologists probe the ruins of a Nazi execution site.		Escape from a Nazi Death Camp Jewish prisoners staged a bloody escape from the Sobibor camp.		Antiques Roadshow - Salt Lake City, Part 3 (See CPTV, April 17 at 8 p.m.)		
CPTV4U	Antiques Roadshow - Salt Lake City, Part 3		The Crash of 1929: American Experience		Grand Coulee Dam: American (See CPTV, April 18 at 8 p.m.)		Charlie Rose		
THU 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	My Voice: One Man's Journey to Overcome the Silence of Autism An autistic man fights to help others.		Father Brown - The Time Machine Was a time machine used to commit murder?		Bletchley Circle, Season 1 - Part 3 Susan tells the other women that she came face to face with the killer.		Ask This Old House	This Old House	
CPTV4U	Eagles of Mercy Two American medics parachuted into Normandy.		Escape in the Pacific: 1943 A POW camp escape is explored.		Dayton Codebreakers Codebreaking helped end World War II.		Charlie Rose		
FRI 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murders - Dead Letters, Part 1 The mother of a former carnival queen is found dead.		Death in Paradise - Lost Identity Goodman's aunt Mary comes to visit, but things take a turn.		The Kate - Darlene Love The singer, a Rock and Roll Hall of Fame inductee, performs.		Sing That Thing, Season 3 - Part 3	Sun Studio Sessions	
CPTV4U	NOVA - Escape	from Nazi	Escape from a Nazi Death Camp (See CPTV, April 19 at 10 p.m.)		Great Escape: The Reckoning Gestapo suspects are tracked down.		Charlie Rose		
SAT 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Viewers' Favorites* (Start: 7:30 p.m.) Enjoy Saturday night with an entertaining special!		Doc Martin, Season 7 - Part 7: Fact Is Out See the last two episodes of tions Martin and Louisa's ultimate cor		the season, as Dr. Timoney ques-		Father Brown - The Time Machine (See CPTV, April 20 at 9 p.m.)		
CPTV4U		s Poirot - Curtain: oirot returns to Style			son 3 on Masterpiece - Coda s in fashion is murdered.		Wolf Hall on Masterpiece - Part 2 Unexpected news arrives.		
SUN 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Call the Midwife, Season 6 - Part 4 An expectant mother buckles under the strains of pregnancy.		Home Fires, Season 2 on Masterpiece - Part 4 Teresa is asked on a date.		Grantchester, Season 2 on Masterpiece - Part 1 Sidney is suspected of murder.		Grantchester, Season 2 on Masterpiece - Part 2 A professor dies in a suspicious fall.		
CPTV4U	Violins of Hope: Strings of the Holocaust		Austin City Limits - Cassandra Wilson		Front and Center - Steve Vai		Front and Center - The Cadillac Three		
MON 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Antiques Roadshow - Virginia Beach, Part 1 tems include a John Wayne mug collection.		Antiques Roadshow - Chicago, Part 3 Ayn Rand-inscribed books are appraised.		American Masters - Mel Brooks The behind such classics as <i>Blazing Sad</i> Frankenstein is profiled.				
CPTV4U	Nature - Hotel Ar CPTV, April 19 at		Nature - Honey Badgers: Masters of Mayhem		Nature - Leave It beavers help reviv		Charlie Rose		



Prime Time | April 25-30

			Y Y Y						
TUE 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	ing truth behind or	Control: American ne of America's mos ent at an Arkansas	st dangerous nuclea	ar accidents: the	Frontline - The Fish On My Plate Paul Greenberg spends a year eating only fish and travels to investigate the health of the ocean. Saving New England Fisheries**				
CPTV4U	Father Brown - 1 (See CPTV, April		Downton Abbey on Masterpiece - S Lady Mary entertains three suitors.		Season 1, Part 2 Theater Talk		Charlie Rose		
WED 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nature - Forest of the Lynx Dearn why forests are far more complex than previously believed.		NOVA - Building Chernobyl's Mega Tomb Engineers race to contain the disaster site.		Wild Weather This film explores how weather works through brave, ambitious experiments.		Antiques Roadshow - Virginia Beach, Part 1 (See CPTV, April 24 at 8 p.m.)		
CPTV4U	Antiques Roadshow - Virginia Beach, Part 1		Antiques Roadshow - Chicago, Part 2		Antiques Roadshow - Chicago, Part 3		Charlie Rose		
THU 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Unlearning: Breaking Bias, Building	Connecticut's Cultural Treasures	Father Brown - 1 Stones A death leads Father Brow	at a stone circle	Bletchley Circle, Season 2 - Blood On Their Hands, Part 1 Is Alice Merren covering for someone?		Ask This Old House	This Old House	
CPTV4U	Independent Ler vs. Communism		Ruby Ridge: Am Experience			Frontline - American Patriot (See CPTV, April 4 at 11 p.m.)		Charlie Rose	
FRI 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murders - Dead Letters, Part 2 (See CPTV, April 21 at 8 p.m.)		Death in Paradise - Dishing Up Murder A chef is discovered fatally stabbed.		The Kate - Kiefer Sutherland The actor and musician showcases his debut alt-country album.		Sing That Thing, Season 3 - Part 4	Sun Studio Sessions	
CPTV4U	NOVA - Building (See CPTV, April		Command and C 8 p.m.)	d Control: American Experience (See CPTV, April		CPTV, April 25 at	t Charlie Rose		
SAT 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ	Movie Classics (Home* (Start link art and corpse	Collection - The Th 7:30 p.m.) Nick an es to a spy ring.	nin Man Goes d Nora Charles	Masterpiece Mystery! - The Lady Vanishes A young socialite suspects foul play when a woman inexplicably disappears from a train.			Father Brown - The Standing Stones (See CPTV, April 27 at 9 p.m.)		
CPTV4U		tery! - Foyle's War, vle investigates a pos		Vera - On Harbour Street DCI Vera Stanhope investigates the mysterious death of pensioner on a busy train.			Wolf Hall on Masterpiece - Part 3 Cromwell orchestrates a marriage.		
SUN 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	5 Nonnatus House welcomes a piece - Part 5			son 2 on Master- Sarah finds erous situation. Grantchester, Season 2 on Masterpiece - Part 3 A false alarm turns into a real investigation.		Grantchester, Season 2 on Masterpiece - Part 4 Sidney per- forms an exorcism.			
CPTV4U	Woodsongs - Ce Barbershop Han	elebration of mony	Austin City Limit Lafourcade/Grup		Latin Music USA - Bridges/The Salsa Revolution Trace the rise jazz and mambo. Plus, Latin music infiltrates R&B and rock in the '6				



What's My Car Worth?

Saturdays at 7 p.m. beginning April 1 on CPTV

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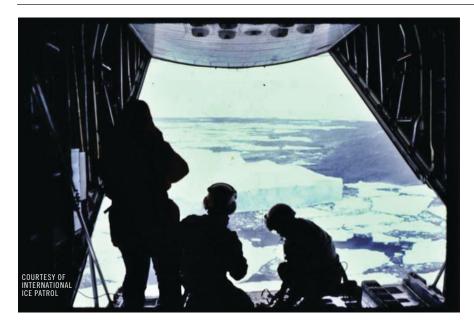
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Unlearning: Breaking Bias. Building Community. is a CPTV Partnership Production. For more information, visit **cptv.org/unlearning**.





Ice Station Connecticut

FORMED IN WAKE OF *TITANIC* DISASTER, NEW LONDON-BASED INTERNATIONAL ICE PATROL MONITORS ATLANTIC FOR ICEBERGS

In the early morning hours of April 15, 1912, 105 years ago this month, the Titanic struck an iceberg in the North Atlantic and sank. Because the vessel had only 20 lifeboats, capable of carrying about half the 2,224 people on board, more than 1,500 people died.

In the aftermath of the tragedy, there was widespread recognition that maritime safety needed to improve. In November 1913, a group of nations, including the U.S., convened the International Convention for the Safety of Life at Sea in London. During the convention, a number of safety requirements were enacted, including a requirement that vessels carry enough lifeboats to accommodate all people on board and another that the ship's radio be manned at all times (a practice that was not in place on the Titanic). In addition, the convention formed the International Ice Patrol to monitor and report on the location of North Atlantic icebergs that drifted into regular transatlantic shipping lanes.

The patrol is run by the U.S. Coast Guard and funded by 17 member countries, including the U.S. Since 1983 it has operated out of Connecticut (previous locations included Newfoundland and Governors Island, New York). Currently housed at Fort Trumbull in New London. the unit worked out of the U.S. Coast Guard Research and Development Center

at the University of Connecticut, Avery Point, in Groton until 2009.

Despite the important work the Ice Patrol performs, it's far from well known. "Even within the Coast Guard you can probably go up to anyone, even in the station that's right here by my office at Fort Trumbull, and ask what's the Ice Patrol? And they wouldn't know," says Commander Gabrielle McGrath, the patrol's commanding officer. "It's a very small, very niche mission."

That's a shame, because for more than 100 years the Ice Patrol has performed important work with great success. During iceberg season, from the beginning of February to the end of August, the patrol issues a daily iceberg warning that designates the "iceberg limit," essentially an imaginary line in the ocean, beyond which vessels are advised not to navigate. Since the formation of the Ice Patrol after the Titanic disaster, no vessel that has heeded the Ice Patrol's warnings and stayed south of the iceberg limit has collided with an iceberg. "That's something that we're very proud of," McGrath says.

Those who have ignored the warnings have not always avoided collisions with icebergs. In 2010, a ship struck an iceberg north of the iceberg limit. Though no one was killed, the ship suffered serious damage.

Since its formation, the methods of the

Ice Patrol have changed, but the mission — to monitor the most-southern-floating icebergs in the North Atlantic and keep ships safe from collisions — has remained unchanged. For many years after the Titanic disaster, this mission was accomplished by ships patrolling the northern waters of the Atlantic. "They would find the southernmost iceberg and they would stay on station with it until it melted," McGrath says. "When it melted they would find the next southernmost iceberg and stay there."

After World War II, visual observations began to be made from planes. In the late 1950s and early 1960s, the Ice Patrol tried bombing icebergs, but the explosions actually created a larger problem of having more and smaller, but still dangerous, icebergs to track.

Over the years, radar on planes replaced the visual observations of the plane crew. Today, even in the Google Earth era, when getting a satellite image of one's house or apartment is commonplace, plane patrols still account for the most important data the Ice Patrol utilizes. Satellite images are used to monitor icebergs in more northern regions of the Atlantic, but so far the satellites miss about 50 percent of icebergs, so their data is not utilized within shipping lanes. Instead, information about icebergs within more southern regions of the North Atlantic has to be gathered the semi-old-fashioned way.

During iceberg season, twice a month four or five members of the 16-person Ice Patrol team leave New London for a nineto 10-day mission in Newfoundland, From Newfoundland they conduct about a halfdozen flights with Coast Guard flight crews, surveying the entire region of the Atlantic at risk for icebergs. The flights last between seven and nine hours, and during each flight about 30,000 square miles of ocean is scanned for icebergs.

The amount of southern-drifting icebergs spotted in a given year varies significantly, but McGrath says there's no overarching trend from global climate change. In 2013, there were only 13 icebergs observed in shipping lanes, far fewer than normal. In 2014, there were 1,546, which was the sixth most on record. Last year, the number observed in shipping lanes was a more moderate 687 icebergs.

Though it is far less known than the Titanic tragedy that inspired its creation, the International Ice Patrol remains well known among one important group: seafarers. "Ships know about us for sure," McGrath says. And when it comes to avoiding iceberg collisions, that's what matters most.

KAREEM ABDUL-JABBAR

NBA Legend, Social Justice Advocate, Cancer Survivor



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